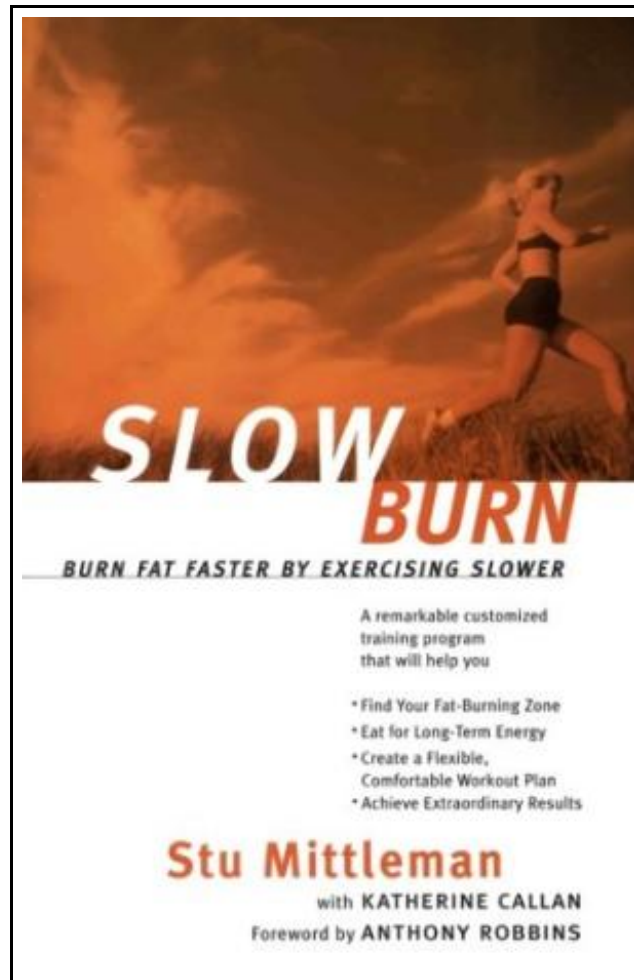


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Reviews

An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.
(Prof. Maya Hand)

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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Slow Burn: Burn Fat Faster by Exercising Slower (New edition), Stu Mittleman, Life is not a sprint - it's marathon. And no one knows that better than the world record-holding ultra marathoner Stu Mittleman. Now this master of endurance training offers an exercise and diet regimen to help readers increase their fitness and energy levels while training the body to become a fat-burning machine. Stu shows how moderate exercise - not intense workouts, real foods - not low-fat fad diets and realistic goals - not lofty objectives are the most effective means of achieving long-term health and vitality. He gives sound, sensible advice from his personal training techniques and helps readers create their own individual programme, while offering inspirational wisdom that can help anyone achieve performance goals.



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