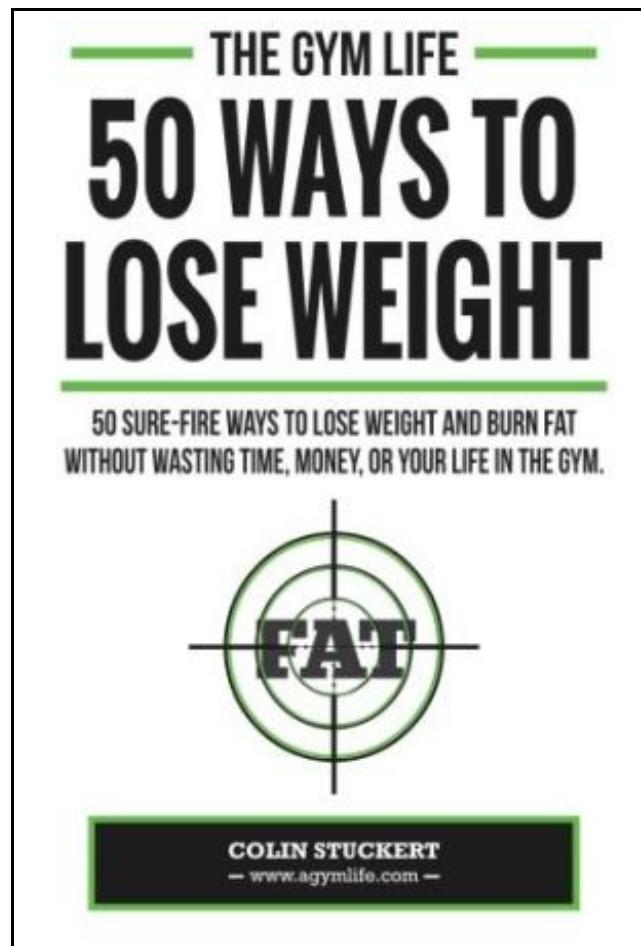


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.We all struggle with our weight one way or another. It's part of the human condition. Corporations make billions on you being fat, sick and unaware. The weight-loss, supplement, food, and pharmaceutical industries profit from your ignorance. It's part of their business model to promote misinformation and lobby for laws that increase profits and destroy your health. But it doesn't have to be this way. You see, there is no better customer than one buys products on a regular basis in the form of drugs, addictive foods, supplements, health insurance, medical bills, medicine, trainers, and even books that spread misinformation meant to further confuse you. It's all part of a big system that is rooted in you not having access to the simple truth: the truth of what works. I'm here to give you that. They say knowledge is power, and when it comes to your body weight, there is no better statement. Why? Because if you don't know what to do, or what not to do, you will sabotage your results without realizing it. The more you understand the mechanics of losing body weight and burning fat, the more you can build habits that work in your favor instead of against you. This book includes 50 techniques for losing weight. The first 20 tips comprise the fundamentals for building lifelong health and fitness. Get even half of these right and you are way ahead of the pack. With each new technique you implement, you'll see more result. Some of you might only need a few tips to get over a stubborn plateau, while some of you might need a foundation...

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