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A Man's
Guide to
Burning Fat
and
Losing Weight

by
Stan D. Ford

As men, there are a few things in our lives that we can't live without. In no particular order, food, beverages, and amorous relations are at the top of the list. This guide talks about what to do when you've over-indulged in the first two. (You'll have to find another book to help you with the third one). As men, we want a plan of attack before we do anything. Having a plan of attack gives us a sense that we are not just spinning our wheels and going no where. Finally, as men, we want everything we do to be simple and to the point. We don't want to spend our time reading a bunch of nonsense and having to sort through the fodder to find the information we're looking for. This guide does all of that- it is simple, clear and gets right to the point. It gives us men a plan of attack which works. It worked for me, it worked for several of my friends, and I can all but guarantee it will work for you.

Title : A Man's Guide to Burning Fat and Losing Weight
Author : Stan D Ford
Catégorie : Médecine
Sortie : 21 août 2013
Éditeur : Stan D Ford
Pages : 36
Langue : Anglais
File Size : 199.95kB

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