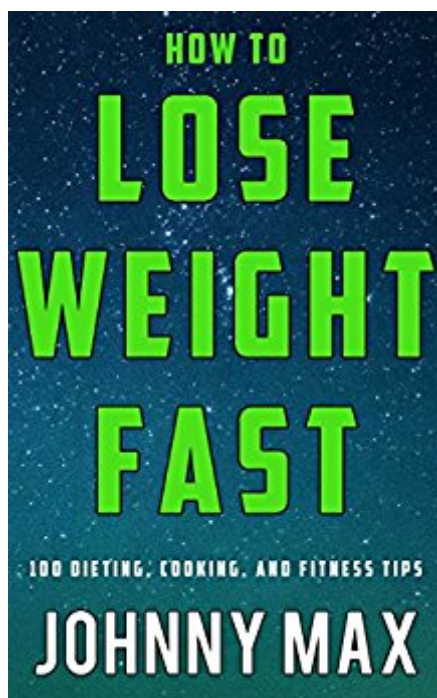


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# How To Lose Weight Fast: 100 Dieting, Cooking, And Fitness Tips



## Synopsis

A renowned fitness trainer explains how changing just a few simple habits can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Johnny Max is a fitness genius and I would let him bench press my kid. Tim M. Five star advice from a ten star trainer. Kelly S. This book was great. Agnes O.

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