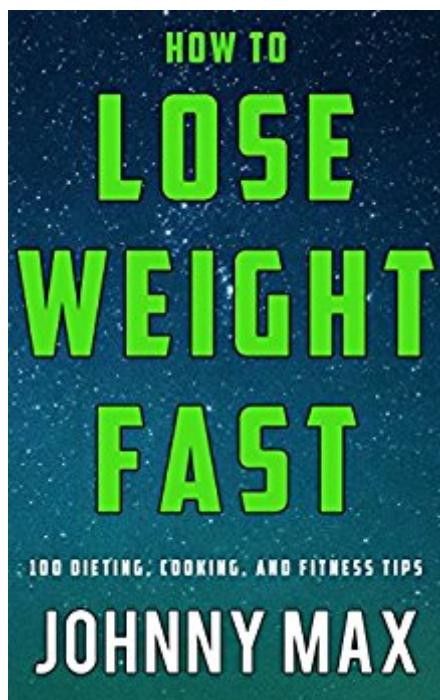


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# How To Lose Weight Fast: 100 Dieting, Cooking, And Fitness Tips



## 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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