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How to Walk Your Fat Ass Off

By Joe Carotta

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Taking good care of yourself means not abusing yourself mentally, physically, nor emotionally. It all starts with you and ultimately will end there if you do not take good care of your body. Your mind can get your body to do anything it wants if you have the strength to let it. If you are serious about losing fat, ready to make real changes to your life, this book is for you! This short book is meant for beginners to learn the basics of how to lose fat fast. Read this entire book if you want to get on the fast track to losing fat quickly. If you are a fat loss veteran this book may be very elementary for you. If you are ready successful I encourage you to keep doing what you are doing to lose fat that is working for you. This book is meant to give you a clear concise starting point and has no hidden agenda. I am not selling any pills, programs, or magical special plans that will cure...



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