



52 Ways to Burn More Fat: Your Definitive Guide to Fat Loss Year Round (Paperback)

By Trent Hanratty, Greg Lake

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.52 Ways to Burn More Fat is your definitive guide to weight loss. Using 20+ years of experience in the field of health and fitness, the authors, Trent Hanratty and Greg Lake, share some of the most effective fat loss techniques that they've applied with hundreds of clients to help them get effective, lifetime lasting results. Void of the popular crash dieting techniques and calorie counting, 52 Ways to Burn More Fat is packed with real-world strategies that you can plug in immediately to your daily life to see fat burning results. If you have been searching endlessly for a way to upgrade the quality of your health and finally shed that extra weight, than this book is for you. Any one of the methods found inside could be the key to achieving your weight loss goals, but together, with the implementation strategy laid out by the authors, they create a formula for long term success.



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