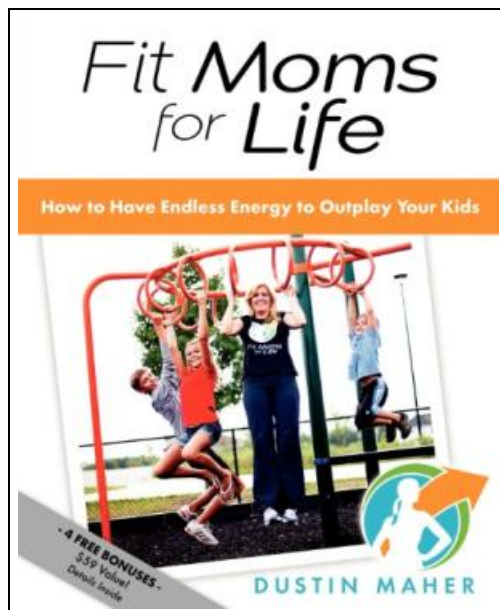


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Morgan James Publishing llc, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover the 5 secret pillars that, when combined, will result in rapid fat loss, but more importantly lasting fat loss. This will be the last fitness book you will ever need. Fit Moms For Life talks about what it takes to make this a lifestyle and not just another flash in the pan diet and exercise program that you do for a few weeks and stop. Get to know 31 amazing women who have taken the Fit Mom For Life Challenge and dropped anywhere from 30-100 lbs, and kept the weight off! Are you ready to. Look 20 years younger? Have a flat stomach again? Take your husband s breath away each time he sees you? Bring sexy back into being a mom? Melt the muffin top? Fit into your skinny jeans and still have room left over? Be a mom that your kids are proud of? In this book you will discover: One exercise that will make your stomach 2-4 inches smaller within two weeks Why cardio makes you fat and how you can burn 5X9 times more fat than doing boring cardio How to burn fat 24 hours a day How to eat like a linebacker and have a metabolism of a hummingbird How to change your thoughts to produce lasting fat results Dustin Maher, self-proclaimed Mama s Boy has given his life to serving moms and helping them look and feel their best. He believes that moms must start putting themselves first in order to be the rock star mom. He asks the question to mom, Who is taking care of you? To learn more about Dustin Maher visit his website at and join the Fit Moms...



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