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FIRE-UP YOUR FAT BURN!: SUPER-EASY QUICK TIPS, STRATEGIES AND GOALS FOR FAST WEIGHT LOSS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. In FIRE-UP YOUR FAT BURN! - America s #1 Fat Loss Expert, Dr. Lori Shemek, lets readers in on her secrets that will easily and quickly drop excess weight through quick and easy tips, strategies and goals. This is the go-to weight loss bible that relies on proven methods to take you to lasting and healthy fat loss. Many...

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- · Authored by Lori Shemek Phd
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