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# FOREVER FAT LOSS: ESCAPE THE LOW CALORIE AND LOW CARB DIET TRAPS AND ACHIEVE EFFORTLESS AND PERMANENT FAT LOSS BY WORKING WITH YOUR BIOLOGY INSTEAD OF AGAINST IT



Archangel Ink, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Escape the Dieting Trap and Transform Your Life Have you been spinning your wheels, trying diet after diet, only to lose and regain the same 10, 20, or 30 pounds over and over again? Author Ari Whitten s here to tell you that it s not your fault! The common weight loss strategy of burn more calories...

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- Authored by Ari Whitten
- Released at 2014



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