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## Awaken the ABS Within: 7 Secrets to Lose Belly Fat

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By Brad Gouthro

Createspace, United States, 2011. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Awaken The Abs Within - 7 Secrets To Lose Belly Fat is packed full of nutrition and fitness secrets that will help you lose belly fat, get a flat stomach, and six pack abs. It doesn't matter if you're a guy or girl, young or old, or a beginner or more experienced athlete, the secrets outlined in this book will help you get the healthy body you've always wanted! Think starvation diets, countless hours of cardio, and 1000s of crunches every day is the only way to lose fat? WRONG! By following the Awaken The Abs Within secrets, you WILL NOT need to go on a starvation diet or do countless hours of cardio. All 7 secrets will provide you with a plan for a maintainable and sustainable lifestyle. Awaken The Abs Within is about creating a healthy lifestyle. THIS IS NOT a short-term fix/fad program. Here are some of the topics covered in Awaken The Abs Within: UNDERSTANDING HOW AND WHY YOUR BODY ACCUMULATES FAT You'll be shocked when you read about the...



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