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The Bottom Line of Fat Loss

Mr Ross Eathorne

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The Bottom Line of Fat Loss

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The Bottom Line of Fat Loss Mr Ross Eathorne
The Bottom Line of Fat Loss is based on real conversations with real people on the gym floor. This holistic fat loss book is for people who have more than 5kg or 10 pounds to lose and are not chasing a quick fix programme. The basic premise is taking responsibility for your lifestyle, mental attitude, food and exercise. If you want sustainable fat loss with no gimmicks this is the book for you.

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