



F.A.T. Balance Diet: 10 Steps to Weight Loss Freedom

By Kevin Jones

Fitness Lifestyle. Paperback. Book Condition: New. Paperback. 264 pages. Dimensions: 8.8in. x 0.9in. Learn How I Lost 60 Pounds of Fat in 90 Days. . . and Enjoyed Every Minute! After struggling to lose weight for years. . . I have now transformed my body and my life. Have you tried and failed to reach your weight loss goals despite your best efforts No matter how many times you have tried and failed. . . you can lose fat and achieve a lean, sexy body! 95 of all diets and weight loss programs fail because they are simply not designed to be effective long-term solutions. Using scientific research and years of fat loss coaching, I have developed this specialized solution for frustrated yo-yo dieters and yo-yo exercisers who want to join the top 5 of people who become fat loss masters for life. Lose Fat with Fat Balance shatters popular weight loss myths and provides a step-by-step plan that will teach you how to put your fat loss on autopilot for guaranteed results. This unique health guide will show you how to. . . Lose pounds and inches fast Master the essentials of fat loss Enjoy yourself every step of...



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