



The Easy Intermittent Fasting: How to Lose Pounds Even When You Sleep - What The American Fitness Industry Does Not Want You to Know! (Paperback)

By From Body2life

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. THE CRIMES WE COMMIT AGAINST OUR STOMACHS AND HOW THESE CAN STOP US FROM LOSING WEIGHT Have you tried countless things, like diets, exercises or pills but you feel stuck in the same place? Most men and women do the same mistakes/"crimes" when trying to lose weight. These mistakes are not difficult to avoid and there is nothing wrong with you either! The reason why you and million others just like you are not able to burn that fat away once and for all is that the health & fitness industry actually doesn't want you to! Why? So they can keep selling you new stuff every time!!! Do you really believe those superstars you see on TV, like Beyonce, Shakira or Sandra Bullock are any different from you? Trust me, they are not. The only difference is they have the money to pay for, and thus access to people who will know how to make them lose weight for real, and based on scientifically proven to work systems. How do you think these women are able to maintain a stunning body shape even after having a baby? Now don't get me...

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