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Jetlaunch, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you secretly afraid you ll be fat forever? If your answer is yes, chances are you ve bought into the MYTH that more knowledge about nutrition and exercise is the key to finally losing the weight for good. Unfortunately, this is simply not the case. Many people try every diet, pill, shake and exercise plan out there,...

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- Authored by Asher Fox
- Released at 2014

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