



The Body You Want From A to Z - Real World Strategies To Get The Body You Want in the Time You Actually Have

Josef Brandenburg, Gary Taubes, Dr. Bryan Walsh, Jimmy Moore

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Discover the truth about getting and keeping the body you've always wanted in the time you actually have.

Discover weight loss myths like:

- *Why calories don't count
- *Why jogging won't help you lose fat
- *The REAL reason we are losing the war on obesity
- *How to get a fun, fast and effective fat burning workout at home in just 20min
- *How to eat dessert without looking like it
- *How to get the booty you want
- *Why crunches will NOT give you nice abs

Unclog your mind and reveal the body you want. *There are special chapters by guest authors - Gary Taubes, Dr. Bryan Walsh and Jimmy Moore*

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Bernetta Smith:

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