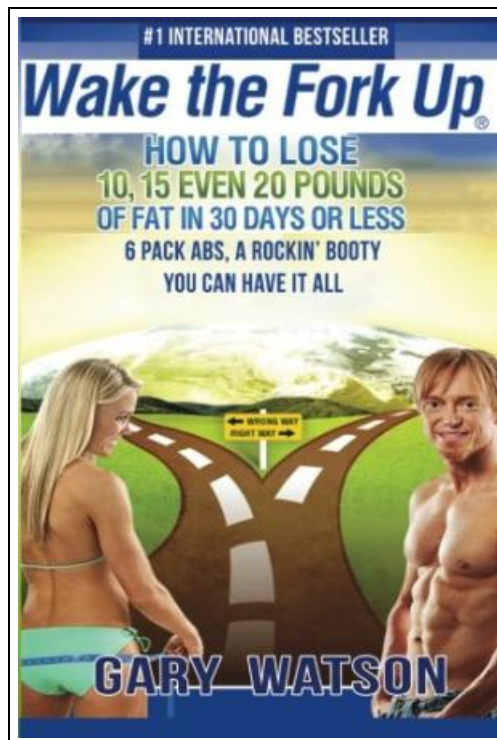


Wake the Fork Up: How to Lose 10, 15, Even 20 Pounds of Fat in 30 Days or Less (Paperback)



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Reviews

*Completely among the finest publication I have got possibly read through. It really is rally exciting throgh reading through period. You are going to like how the writer compose this publication.
(Modesta Stamm PhD)*

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Are you tired of reading the same old stuff when it comes to losing weight and keeping it off? Bored with the same old celebrities selling you programs they don't even really use but instead are paid millions of dollars to endorse? Wondering why what used to work for you no longer does the trick any more? So were we! This book doesn't have any of the same old usual suspects, half truths and flat out lies when it comes to safe and effective weight loss. Kinesiologist and Fat-Burning Guru, Gary Watson, takes us on a journey that explores weight loss in a completely different direction. From learning about our specific Nutritional Metabolic Type, to discovering our Intellectual Eating Window, to understanding that we all have Seven Super Fat-Burning Hormones that must be working optimally in order to lose weight safely and effectively; this Journey is power packed with groundbreaking science and research. In addition, our journey teaches us to take the right turns regarding the correct way to exercise for fat burning. It isn't what you think and it takes far less time than you might imagine. No spending hours a week in the gym. Let's not forget about his mindset maps that give you clear cut directions around every corner of the journey. Never before have we seen a more complete program. Even better, he presents it in a fun and easy to understand manner. Gary says. Think breakfast is the most important meal of the day? Still think that burning fat fast is as easy as doing any old exercise plan and cutting calories? Ever wonder why you crave foods? Wake the...



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