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## SEX, LIES DUMBBELLS (Diet, Exercise Weight-loss Bullsht Exposed)

By Franny Goodrich

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 120 pages. Dimensions: 10.0in. x 8.0in. x 0.3in. So, you're trying to lose weight or get better exercise results. And although you say you have tried every diet and exercise program, so far, nothing has worked. Why? The answer is simple. You're getting your diet and exercise advice from the wrong sources. Gyms, Personal Trainers and TV Doctors are main players in today's billion-dollar Fitness and Weight-loss Industry. They get rich selling false hope and empty promises to mostly uninformed consumers. In other words, products they know, don't work. It's easy, because the words Fast, Easy and Effortless will often make otherwise intelligent people act stupidly. This book exposes the most common lies and the most shameless BS Artists. It also provides helpful exercise and weight-loss facts that will make weight-loss and exercise results much easier to attain. NOTE: SEX, LIES and DUMBBELLS is a 2016 revised and re-titled version of the Franny Goodrich's popular book, Diet, Exercise and Weight-loss Bullsht Exposed. This item ships from La Vergne, TN. Paperback.



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### Reviews

*Comprehensive guide for publication lovers. It absolutely was written really flawlessly and valuable. You won't really feel monotony at whenever you want of your own time (that's what catalogs are for concerning if you ask me).*

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*Extensive manual! It's this type of great read through. This can be for all who state there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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