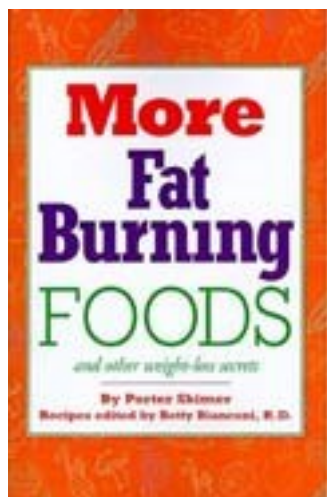


More Fat Burning Foods



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No more starvation diet!

No more feeling like a failure!

No more torturous exercise regimens!

The bad news is that it's easy to gain weight. The good news is that it's just as easy to lose it. The surprising news is that you lose the weight by eating good! As much as you want!

More Fat Burning Foods and Other Weight-Loss Secrets includes 55 fat-burning recipes, as well as easy and effective exercises, "The Ten Commandments for Keeping Weight Off," and personal weight-loss success stories. In other words, everything you need to achieve a lean, healthy body --and keep it that way!

In More Fat Burning Foods and Other Weight-Loss Secrets you will find tips on:

- 1.fast foods: the good, the bad, and the drive-by
- 2.how to "tame" your hunger
- 3.stress and how to reduce it
- 4.which fats expand energy and which expand hips
- 5.fat-fighting cooking techniques

You loved Fat-Burning Foods.

You will love More Fat-Burning Foods even more!

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