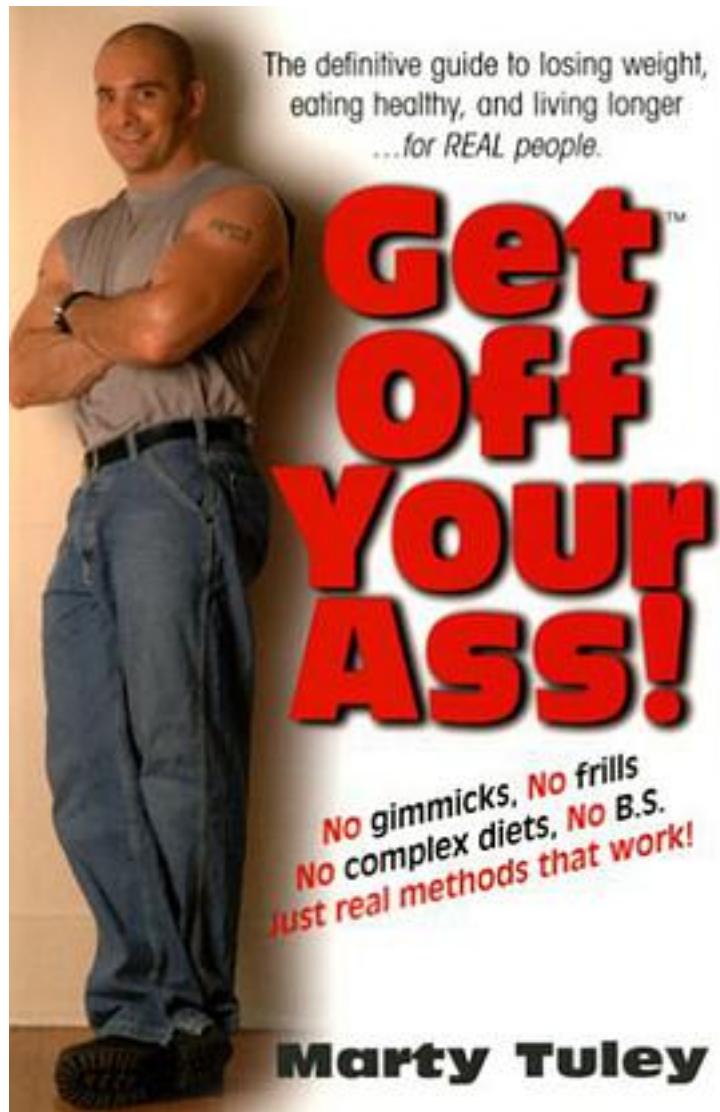


# Get Off Your Ass



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出版者:Basic Health Pubns

出版时间:2005-4

装帧:Pap

isbn:9781591201298

A direct, unique, lifestyle-changing program for weight-loss success for the average American, whom the author knows doesn't have a lot of time or energy to waste. The program is based on three core parts, or "laps": Education, Exercise, and Nutrition. Includes a four-month excercise program, and simple advice for eating well. This no-nonsense, in-your-face style forces readers to rethink the way they are living, and motivates them to stay disciplined on the difficult road to better health.

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