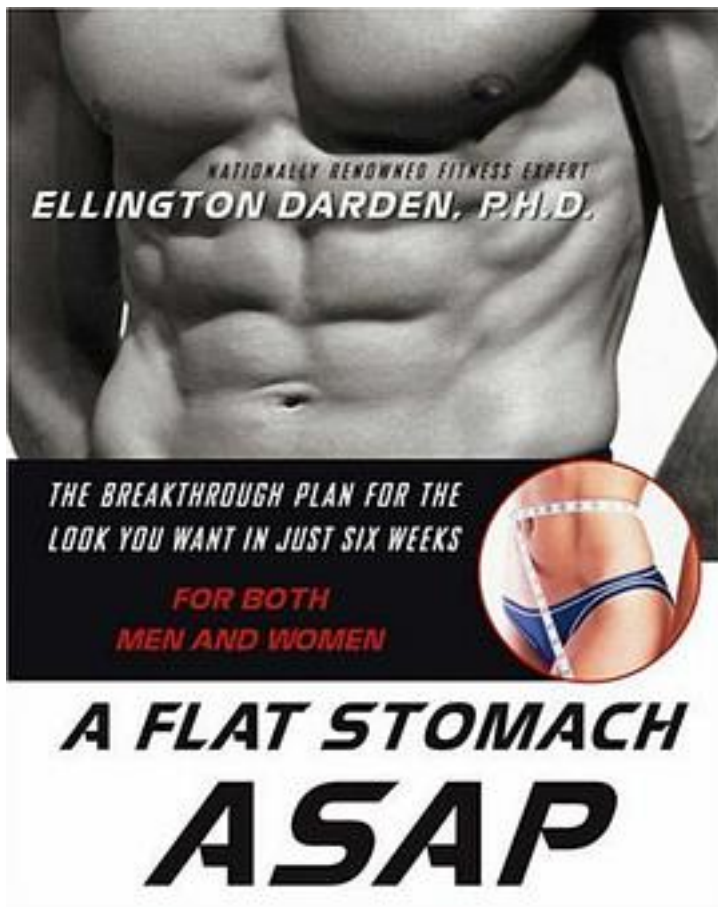


A Flat Stomach ASAP



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出版者:Pocket

出版时间:1998-01-01

装帧:Paperback

isbn:9780671014087

The secret to losing waistline pounds and inches quickly is ASAP, an acronym for Awareness, Science, Application, and Persistence. This successful method for achieving a lean body and a flat stomach includes a powerful new concept called superhydration. It's a fact : drinking large amounts of water daily synergises your eating

and exercising, accelerating fat loss and stomach flattening. Now Ellington Darden brings you the program that tells you how to reshape, tighten and shrink your stomach the way top competitors do - and to do it faster than you dreamed possible.

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