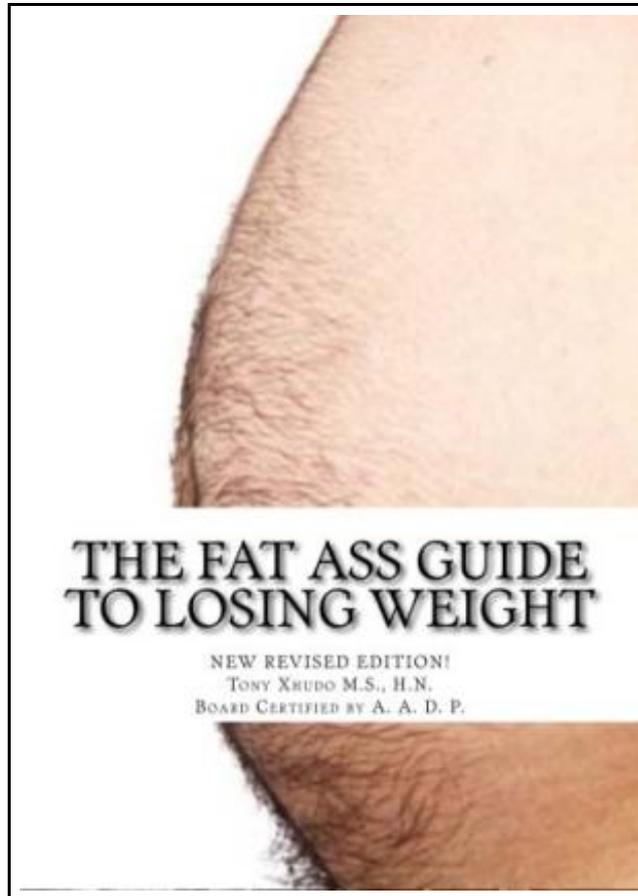


The Fat Ass Guide to Losing Weight



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(Derick Brekke)

THE FAT ASS GUIDE TO LOSING WEIGHT



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Createspace, United States, 2012. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.For over years 35 years, Tony Xhudo, M.S./H.N., has been helping people lose lose weight. With methods that he has uncovered thru research and practice to help with those uncontrollable weight loss issue s. Through out his book you will learn easy to apply methods that are easy to follow and apprehend. With so many mainstream diets that promise false hopes that never seem to keep the weight off, but the real truth is, you absolutely can. Through his research in health and fitness, Tony has put this book together revealing the simple and necessary steps in order for you to lose as much weight as you so desire. Now this information as been made available for you for permanent weight-loss. This weight loss protocol has been used by many of my clients and has proven successful by correcting the problems of obesity, craving and hunger pangs. Discover through reading his breakthrough book of how weight-loss can be made fun and easy to deal with. By reading his book you will prove the weight-loss industry wrong in their money making schemes on weight-loss that actually never seem to go away only for it to come back again. You will learn the why s we gain weight and the how, and be an expert yourself on the fundamentals of how to lose weight and keeping it off permanently. You will be amazed how something so natural can be so easy and effective. This book reveals to you in an easy to read format of information that will stay with with you for ever in your quest for weight loss. Read how this information was being hidden from the public...



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