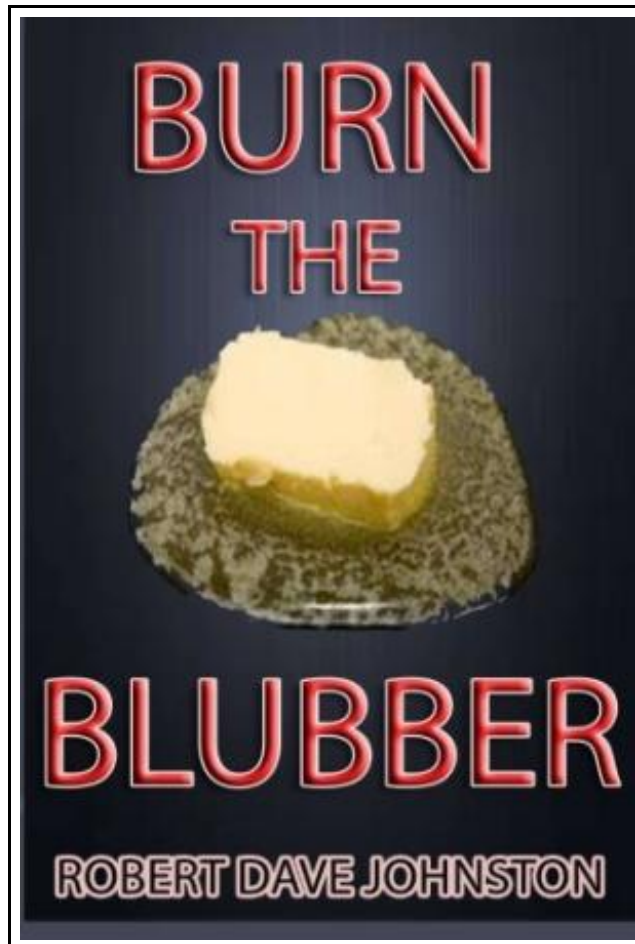


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 144 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. In, Burn the Blubber - How to Lose Belly Fat Fast (And For Good!), author Robert Dave Johnston gives you an in-depth look at the causes of belly fat, the health implications and a comprehensive list of tips, techniques and lifestyle changes that can help you get rid of that spare tire once and for all. The author outlines thought, behavior and external changes that helped him overcome 20 years of obesity and binge eating as well as lose more than 100 pounds, which he has now kept off for 12 years. Topics include, measuring body fat and assessing where you are, creating a definite fat loss goal, getting active, handling emotions and urges to overeat, portion control, dietary changes, list of banned foods, addressing the internal world of thoughts and belief systems, the amazing power of daily fasting and numerous other tips and techniques to promote belly fat loss. Even though losing belly fat can be challenging, the author presents the material in a point-by-point format that is detailed and easy to understand. If you are looking for a guide to help you make the lifestyle changes needed to achieve long-term fat loss, this book will prove itself to be a very useful addition to your library. Burn the Blubber is Volume 4 of the series, How To Lose Weight Fast, Keep it Off and Renew The Mind, Body and Spirit Through Fasting, Smart Eating and Practical Spirituality. Hello dear friend, this is Rob. Just in case you are still undecided, here are crucial health reasons why you **MUST** get rid of belly fat quickly and without further hesitation. It may sound cute when somebody tells you that you...

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