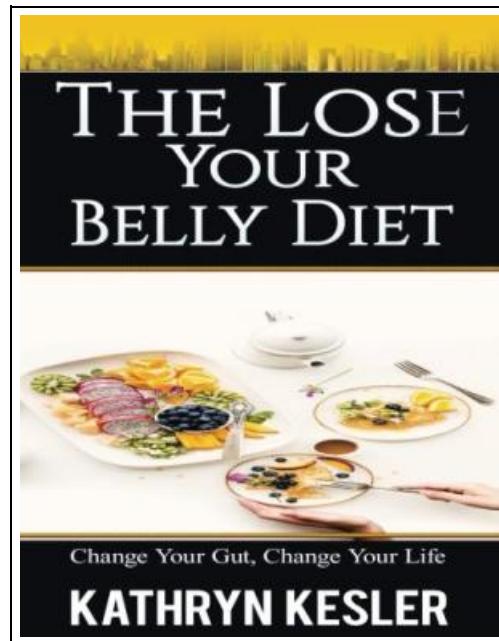


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(Prof. Elwyn Boehm MD)

THE LOSE YOUR BELLY DIET: CHANGE YOUR GUT, CHANGE YOUR LIFE (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Still Looking For That One Simple Trick That Can Change Your Life And Make Everything Better?It s Time To Turn Your Life Around And To Feel The Best You ve Ever Felt, By Getting Rid Of That Belly Fat.! Let s face it: life can be something of a slog for most of us. We wake up in the morning feeling tired and not wanting to haul ourselves out of bed. Then we drag ourselves to work through busy, stressful commutes and then we force our way through a long hard day. When we get home, we usually feel too tired and depressed after our work week to do anything worthwhile, and so we just crash out in front of the couch. Many people struggle with feelings of low self-esteem, of depression and of loneliness on top of this. We re constantly connected but many of us feel that we struggle to make real, worthwhile connections. Is there really one simple trick that can turn that all around? That can give you a new lease on life and help you feel like a million bucks? The simplest way to turn your life around and to feel the best you ve ever felt is to get rid of that belly fat. Then there are the direct results of getting into better shape.That s means, you ll be able to do things like. Of course your sex life will improve.Obviously picking up women/men becomes much easier when you look healthy and sexyYou ll also find your relationship improves.Studies show that employers are more likely to employ or promote people who are in better physical shape!On average men and women who are more toned earn...



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