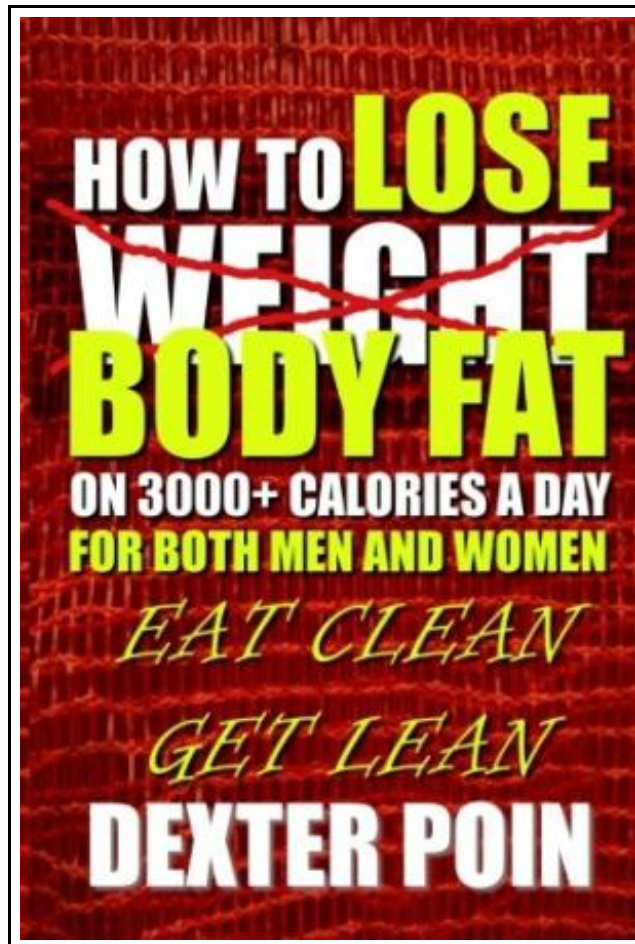


## How to Lose Body Fat on 3000+ Calories a Day for Both Men and Women: Eat Clean Get Lean



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*(Mallory Kertzmann V)*

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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.HERE WE GO AGAIN! Who in here as ever tried whatever the brand new latest and greatest diet fad was that swept the world by storm (for 15 minutes or so)? Come on. The answer is more than likely EVERYONE right? Well actually that is pretty awesome! Why is that so awesome? It is because those people who have spent the most time jumping on and off bandwagons are actually closer than they think to discovering xanadu! Well maybe not xanadu! But I think you get where I am going with this Hopefully. If not then trust me, I am always going somewhere with a thought. It may take a while to reach its destination but it does eventually get there. You may just have to stick around long enough to see it hit its landmark. So if you have never heard of me before than you must know that my books are going to be slightly different than the norm. This is because I am an actual real life human being who writes from personal experience and from the soul. Sometimes there are people who absolutely hate this! Oh well, you cannot please everyone. When you try and please everyone you end up pleasing no one. So did you happen to read the title? Are you one of those closed minded people who believes that it is not possible to lose body fat while eating what the general public views to be a high calorie diet? Because in my world 3,000 calories is not anywhere close to high calorie! The actual number of calories do not matter to be honest. I just used 3,000...



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