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I'm Done Being Fat: Getting Back To Basics

Bill Appel

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I'm Done Being Fat: Getting Back To Basics

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I'm Done Being Fat: Getting Back To Basics Bill Appel
This book is about simplifying your lifestyle and establishing basic health habits that will form a foundation for long term success. This book does not have the latest trick to get you in great shape overnight. Instead it has the most basic and simple principles that anyone can incorporate into their lives. Again, this book is incredibly short and simple. The high price point is meant to get the reader into action. Many of us have thousands of dollars in exercise equipment that has not been used in months. Instead, this book is meant to give you practices that will be used every day. These actions are simple things like getting enough rest and eating a healthy diet. The basic things that we know we should be doing are broken down and put into a simple timeline to help them become a part of your everyday life.

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