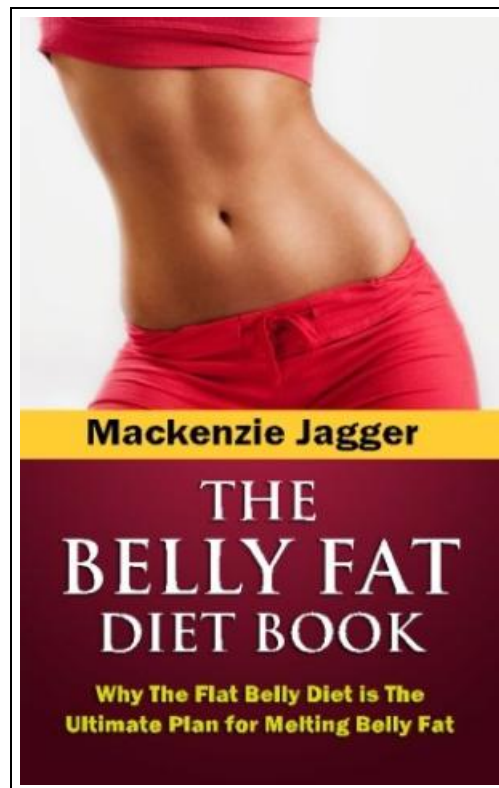


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First Choice Publishing, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Belly Fat Diet Book! Why The Flat Belly Diet is The Ultimate Plan for Melting Belly Fat Amazon Best Seller The editors of Prevention magazine took the world by storm when their Best Selling book The Flat Belly Diet written by Liz Viccariello and Cynthia Sass explained that the number one body part most people would like to change could actually be targeted! They discovered an unknown key to fighting belly fat, now backed by science that anyone can take advantage of. If you re like me, there are times when you just don t want to read over 350 pages to ascertain the essence of the material. In today s fast paced society many of us feel that less is more, which is why I decided to extract the most important information I found inside that book when I created The Belly Fat Diet Book! What You Need to Know What you ll find inside the Belly Fat Diet Book is the exact information you need to know to succeed with The Flat Belly Diet (without any fluff). Please note! If you are looking for the most comprehensive Belly Fat Diet Book that exists, and you re the type of person that likes to read all of the nitty-gritty details, than I recommend the original Flat Belly Diet by Liz and Cynthia mentioned above. That is the book that this book is based on. How Soon Do You Want to See Results? I made this book short (and succinct) for a reason. If you want to get started quickly, if you re ready to take away every excuse you have for not losing your...



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