



How to Lose 20lbs in 28 Days: Without Having To Give Up Your Favorite Foods or Exercise More

Jeff Scot Philips

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Inside you'll learn the 3 hidden reasons most people CAN'T lose weight, the new body science of rapid fat burning, and a step-by-step strategy to lose 20lbs in just 28 days. The methods in this book are also used by professional body builders, fitness models, and Miss America contestants.

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