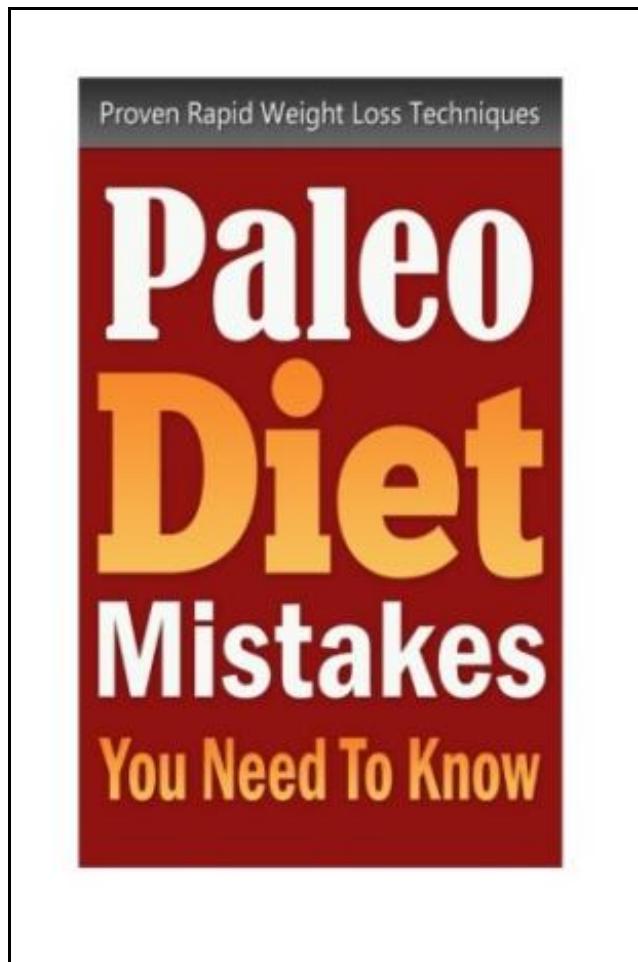


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. Paleo Diet Mistakes You Need To Know The absolute best way to lose fat is by using the Paleo diet and it's easier than you think. Although the paleo diet itself is not that complicated, there are a lot of common mistakes and misconceptions that prevent people from realizing their full fat loss potential. Don't short change yourself. If you've failed before to lose weight or have fallen victim to the promises many low carb diets make and honestly don't deliver on then it's time to change that. Don't turn away from finding success with fat loss following the paleo diet because it didn't work for you in the past. because it does WORK! The tips in this book have been honed during my 15 years as a personal trainer. If you follow them, they WILL work for you. The key is knowing how to get it working for you. In Paleo Diet Mistakes You Need To Know, you'll discover all the pitfalls holding you back from becoming your leanest, healthiest self. Being able to turn your body into a fat burning machine is easily achievable, even better are the many health rewards you'll get in addition to an amazing beach body. If you're thinking about trying success with the Paleo Diet and are ready to STOP BEING FAT, this book is an absolute MUST. Here Is A Preview Of What You'll Learn. *The basics of the paleo diet and how it can help you to lose weight fast *How to go grocery shopping, empty out your pantry, and use our delicious recipes to get...

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