



The Fat Belly Diet: Lose Inches off of Your stomach fast For a Healthier, more attractive You!

Andrew L. Price

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If you are serious about losing weight and burning off that stubborn belly fat, you have come to the right place. In this book you will find a wealth of information about what belly fat is and how the body comes to accumulate it.

Belly fat is something that can impact your life in a variety of unpleasant ways - not only can it keep you from looking and feeling your best, but it can also have a negative impact on your health.

Having excess fat around your midsection can increase your risk for a number of serious diseases including type 2 diabetes, heart disease and even certain types of cancer.

Studies have also shown that obesity, particularly abdominal obesity, can reduce your life expectancy by as much as ten years. These are some serious things to think about and they may be that little bit of extra motivation you need to get started.

Once you understand the basics about belly fat you will learn some breakthrough fat-blasting workout and eating techniques for the first time.

You will also discover the key critical tips for assessing your body and your diet, so you can make healthy, effective changes to your life style and start shredding your extra belly fat pounds and keep them off for good.

So, don't settle for feeling so-so about your body - use the information and tips in this book to blast belly fat and transform yourself into the healthy and vibrant woman or women you've always wanted to be live longer!

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