



Fat-Burning Machine: The 12-Week Diet

Mike Berland

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Are you ready to change your body for life? Do you want to step on a scale and feel happy? Do you want to look in the mirror and feel proud? Do you want looser-fitting clothes? Do you want more energy? Do you want to sleep solidly through the night?

No games. No gimmicks. No shakes. No starvation. Just a straightforward and simple, doctor-approved approach to eating and exercise that throws out decades of bad science and will transform you from being a fat-storing person into a permanent FAT-BURNING MACHINE.

This is our promise: Follow this plan and you will experience dramatic, life-altering results.

But if you still need further convincing, just ask yourself:

- Have you been gaining a pound or so a year, for the past few years?
- Do you crave sugar and snacks, and worry that you can't control your cravings?
- Do you feel that the more you exercise, the hungrier you are and the more you eat?
- Does exercise make you feel tired and weak?
- Are you working out more than ever and still gaining weight?

If you answered *yes* to any of these questions, then it's time to find out if the habits you've developed are causing your body to store fat or to burn it. So much of what you've been taught about fitness and weight loss is patently false—that you have to eliminate all fat from your diet or that you should load up on carbohydrates before a workout. These practices may actually be sabotaging your success. *Fat-Burning Machine* exposes the myths that have prevented you from achieving your weight and fitness goals, and will revolutionize the way you think about your body, your health, and your outlook on life.

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Jerry Orosco:

As people who live in the modest era should be revise about what going on or facts even knowledge to make all of them keep up with the era which is always change and move forward. Some of you maybe can update themselves by studying books. It is a good choice for you but the problems coming to an individual is you don't know which one you should start with. This Fat-Burning Machine: The 12-Week Diet is our recommendation to help you keep up with the world. Why, as this book serves what you want and need in this era.

Shawn Martinez:

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Lamar Carr:

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