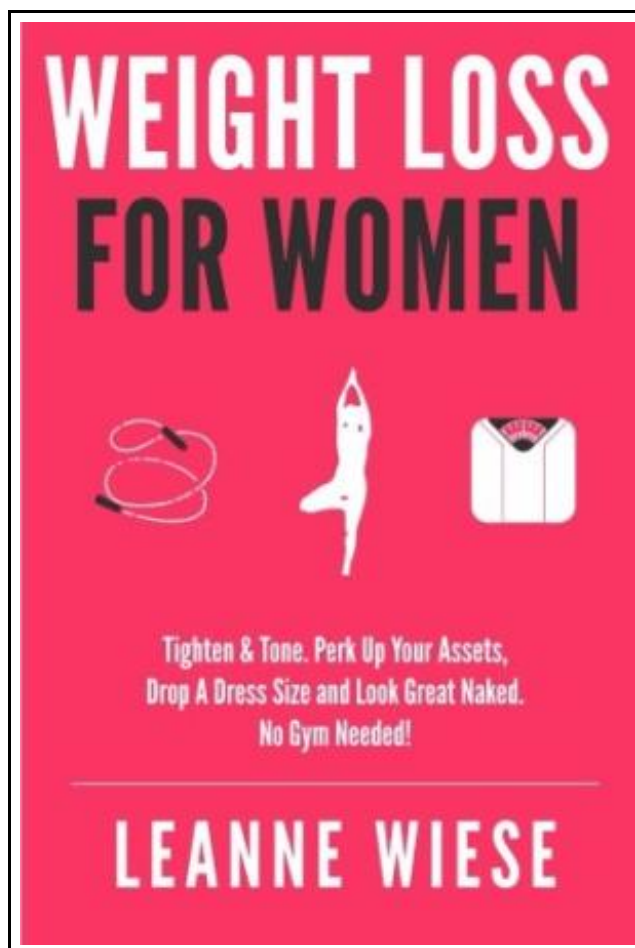


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you have a busy life and little time for the gym? Have you constantly had trouble reaching your long term weight loss and fitness goals? The answers to all of your long term weight loss questions are here at last \* \* \* \* SPECIAL DISCOUNTED PRICE DON T MISS OUT \* \* \* \* I m about to shatter one of the biggest fitness myths ever, a myth that was created by businesses to make you think that you need their facilities to be fit and lose weight. The businesses to which I m referring are GYMS. Yes, you must always keep in mind that gyms are businesses that have the primary aim of getting your money. A gym doesn t care about your goals or aspirations, the only person who can force a major change in your life is YOU! And you don t need a gym to do this. For far too long people have been entrenched in the belief that in order to lose weight and be fit, they must buy an expensive gym membership. Well I m here to tell you that you can workout from the comfort of your own home, and the best part is that you get to decide the hours of operation of your home gym. You can become totally independent, maintain a busy schedule and learn how to become a more self motivated individual. Here s a sample of what s inside. - How to work out in as timely a manner possible - How to become self motivated when it comes to your personal fitness and weight loss goals - How to distance yourself from 5...



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