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Killing Fat: A Weight Loss Journey and Action Plan for Your Path to a Healthier Life (Paperback)

By Derek a Cox

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Killing Fat is a personal story of 100lbs+ of fat loss. Going through my story you will learn some of the mental and physical aspects of how to transform your life. Included in Killing Fat we will go through setting goals and find out what your motivators are as well as building you a workout plan. Are you ready to take back control of your life? Then you will love chapter 6 where we will talk about setting SMART Goals and what success looks like to you. Included in this book; Actions Steps Workout Plan Workout Log Meal Plan Daily Food Intake Log Shopping List SMART Goal Sheet And a link to download a free printable workbook I wrote this book because I want to share my story with you, create a connection with and become your friend. I am writing out of a love and desire to help people with their weight loss and fitness goals. As your friend I want to show you a path you can take and encourage you along the way. When you fall...

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