



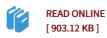
The Body Fat Solution: 5 Principles for Burning Fat, Building Lean Muscle, Ending Emotional Eating, and Maintaining Your Perfect Weight (Paperback)

By Tom Venuto

Avery Publishing Group Inc.,U.S., United States, 2011. Paperback. Condition: New. Reprint.

Language: English . Brand New Book. The national bestseller with the ultimate program to lose body fat and build muscle-and keep the weight off for good By now, we all know that we gain fat when we take in more calories than we burn. But we re not always rational creatures when it comes to food and exercise. Tom Venuto provides a sound plan that will help us put the brakes on overeating by pinpointing the mental roadblocks and emotional eating patterns that are preventing us from losing weight for good. Guiding readers to dig deeper, The Body Fat Solution explores: ?

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