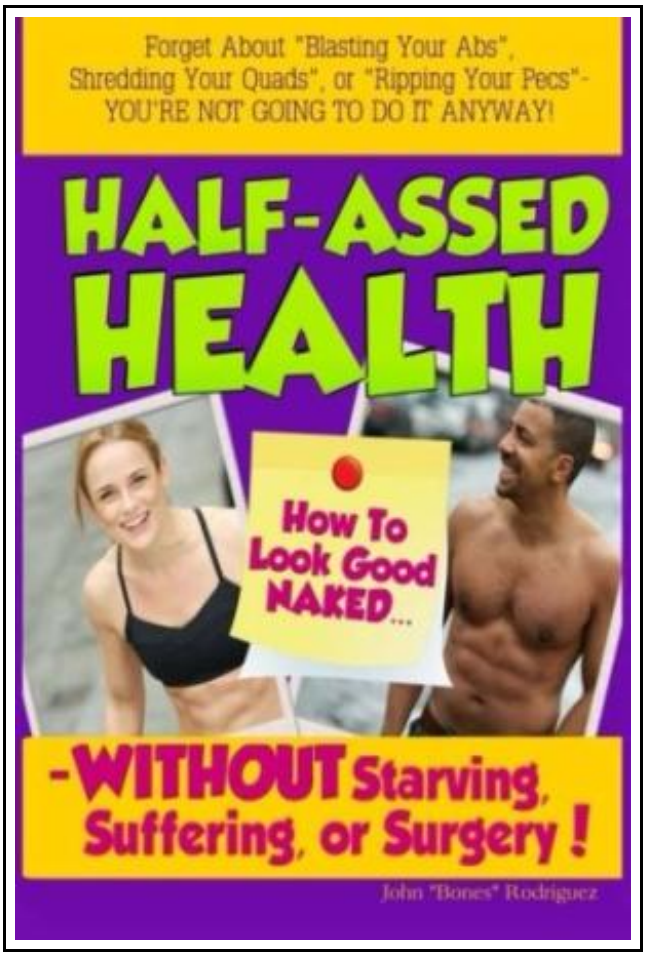
Half-Assed Health: How to Look Good Naked Without Starving, Suffering, or Surgery! (Paperback)



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Reviews

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(Dr. Isabell Wiza DDS)

HALF-ASSED HEALTH: HOW TO LOOK GOOD NAKED WITHOUT STARVING, SUFFERING, OR SURGERY! (PAPERBACK)

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Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.INSIDE: DOWNLOAD 2 FREE REPORTS AND 8 FREE VIDEOS What the hell are you doing? If you re busting your butt at the gym to look good naked (or worse yet- NOT trying to look good naked) HALF-ASSED HEALTH will get you in shape without all the hassle!! If you want to win the war on belly fat, lose weight, and get six-pack abs, then forget about playing The Hunger Games or Hocking up whatever crazy weight-loss diet you started. There s no way you re sitting around counting calories and figuring out exactly how you re gonna burn off that cookie and all of that stupidity. Don t you have a life? Maybe it s not like a Danielle Steele romance novel, or like the Girl with the Dragon tattoo, but your life doesn t have to be consumed with trying every fat-burning workout routine just because the newest weight loss book said you should be at the gym all the time. Sure, there are people who look good naked, but they don t have time or energy to live their best life because they re at the gym all day- What the hell is THAT about? I understand if you re a billionaire bachelor or something like that, but what about a quick, fast and easy workout that actually burns fat all day? I m not going to give you all these crazy HIIT routines that other guys SAY they do on camera, and then sell you a bunch of home workout junk. (Who the hell can do all these crazy Ab Blasting and Shredding routines all the time anyway?) When You Buy HALF ASSED HEALTH...

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