



Fat-Burning Machine: The 12-Week Diet

Mike Berland, Gale Bernhardt

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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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From reader reviews:

Herbert Haubrich:

In this 21st one hundred year, people become competitive in every single way. By being competitive currently, people have do something to make them survives, being in the middle of typically the crowded place and notice through surrounding. One thing that often many people have underestimated the item for a while is reading. Sure, by reading a reserve your ability to survive improve then having chance to stand up than other is high. For you personally who want to start reading any book, we give you this kind of Fat-Burning Machine: The 12-Week Diet book as basic and daily reading guide. Why, because this book is more than just a book.

Amanda Mathis:

Information is provisions for folks to get better life, information today can get by anyone with everywhere. The information can be a knowledge or any news even a problem. What people must be consider when those information which is inside former life are hard to be find than now is taking seriously which one is suitable to believe or which one typically the resource are convinced. If you obtain the unstable resource then you obtain it as your main information you will see huge disadvantage for you. All of those possibilities will not happen in you if you take Fat-Burning Machine: The 12-Week Diet as the daily resource information.

Ollie Nadeau:

Playing with family in a park, coming to see the water world or hanging out with good friends is thing that usually you might have done when you have spare time, and then why you don't try point that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Fat-Burning Machine: The 12-Week Diet, it is possible to enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't understand it, oh come on its known as reading friends.

Carey Gilliam:

Are you kind of hectic person, only have 10 or even 15 minute in your time to upgrading your mind skill or thinking skill perhaps analytical thinking? Then you are receiving problem with the book as compared to can satisfy your short time to read it because this all time you only find publication that need more time to be go through. Fat-Burning Machine: The 12-Week Diet can be your answer because it can be read by anyone who have those short spare time problems.

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