



## Man on Top: Lose Fat, Get Fit, and Control Your Weight for Life (Paperback)

By Roland Denzel, Galina Ivanova Denzel

Fit Ink Publications, United States, 2012. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.On Sale to Celebrate 12 years of weight loss! Save 40 off the cover price! THE BUSY MAN S WEIGHT LOSS MANUAL! Praise from Alan Aragon, MS, Author of Girth Control, The Science of Fat Loss Muscle Gain, Columnist, Men s Health Magazine Man on Top is unlike any diet book out there. In fact, I wouldn t even call it a diet book. It s a here s-how-you-change-your-habits-perspective-and-life book. It s written in such a deliciously casual style that speaks from the heart, and goes straight to the head. Anyone even remotely intimidated about the idea of losing weight and keeping it off needs to buy this book, period. Roland Galina created a truly unique workable guide to succeeding at something most people can t. The busy man s weight loss manual! Are you tired of being fat? Do you want to look good naked? Are you too busy for the gym? Do you want to live a long and healthy life? Do you want to take control of your life again? You ve tried...



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