



# Fat Trap

*J. E. Orias*

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## **Fat Trap** J. E. Orias

Stuck in weight loss limbo? Can't seem to shift excess fat despite busting your guts? Weight loss doesn't need to be an all-consuming, endless rollercoaster ride. Understand the real reasons your body stores fat so you can accelerate fat burn. This book provides tips on how to:

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