



The Stubborn Fat Cure: Rid Yourself of Hard to Fight Fat in Just Days

Dan Howe

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Yes! You really can rid yourself of hard to fight fat in just days!

Best-selling author of *The 30 Day Burn* Danial Barron Howe returns for a deeper look at the science of body transformation using the latest in fitness and nutritional information.

Inside you'll learn:

- How to rapidly drop years of unwanted pounds in 30 days or less with minimal effort.
- How everyday external toxins can mimic critical hormones, causing your body to react by trapping fat.
- Why women have up to 20 percent more trouble losing weight compared to men - and what to do about it.
- Why yo-yo diets can undermine far more than just simple weight loss goals
- What foods to eat to rapidly melt off fat - even if you've carried it for a lifetime
- A quick workout program custom made to shed that hard to lose fat

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The Stubborn Fat Cure is filled with the latest scientific research and is presented in in one quick, practical, and easy to listen to book that can be put to use starting as soon as today!

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Consuelo Collier:

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Katie Grossi:

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Janice Smith:

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