



Burning Fat For Good

Elly McGuinness

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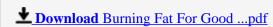
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Have you exhausted your dieting options? Are you ready to commit to a new approach? One that treats your body with the respect it deserves? 'The Natural Balance Guide to Burning Fat for Good' is a holistic approach to sustainable fat loss. It's not about deprivation and it's not a quick-fix solution. Instead it's about empowering YOU to make decisions in six main areas of your life that will enable you to achieve the results you desire – for good. The book is written by Elly McGuinness, a health and fitness professional with 14 years of industry experience. She inspires people to make positive changes to their health, fitness and lifestyle and to sustain these changes for the rest of their lives.





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