

**Burn Fat Burn Fat Fast Increase  
Energy and Build Muscles in 30 Days  
Feed Muscle Faster Boost Metabolism  
Burn Fat Fast as Hell Diet Exercise  
Book For Men Sleep Belly Stomach  
Quick Weight Loss**

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**BOOK DETAILS**

- Author : James Smith
- Pages : 72 Pages
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## BOOK SYNOPSIS

Abel James eats like a king, never goes to the gym, and is in the best shape of his life. His plan is simple: eat plenty of whole and naturally edible foods, and be sceptical of manipulated, processed food products. In *The Wild Diet*, he brings readers a Paleo-inspired 40 day weight loss program, showing how the answer to vibrant health doesn't live in a calorie-restricted diet, a magical fat-blasting pill or a miserable exercise program. The secret is sticking to our roots and knowing where our food comes from.

### **BURN FAT BURN FAT FAST INCREASE ENERGY AND BUILD MUSCLES IN 30 DAYS FEED MUSCLE FASTER BOOST METABOLISM BURN FAT FAST AS HELL DIET EXERCISE BOOK FOR MEN SLEEP BELLY STOMACH QUICK WEIGHT LOSS**

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