



## Build Your Dream Body: Breaking the Lies and Myths of the Fitness Industry So You (Paperback)

By Peter Paulson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Build Your Dream Body You ve been lied to. I m sorry to break it to you, but it s true. Much of what you ve read is wrong, holds you back and keeps you from reaching your fitness goals. The fitness industry has a concept called complicate to profit and it s a con that has awful implications: - It takes money from your pocket and puts it into the industries pockets - Over-complicates the health and fitness world leaving you lost in a sea of misinformation - Prevents you from taking action and has you jumping from fad to fad, never seeing results I want to end this, and that s why I wrote this book. Build Your Dream Body is the book that cuts through the sea of confusion and misinformation. It breaks the lies of the industry and removes the fluff giving you exactly what you need to Build Your Dream Body. Inside the book you ll get exactly what you need to pack on lean, sexy muscle, shred fat and look your best. We ll...



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