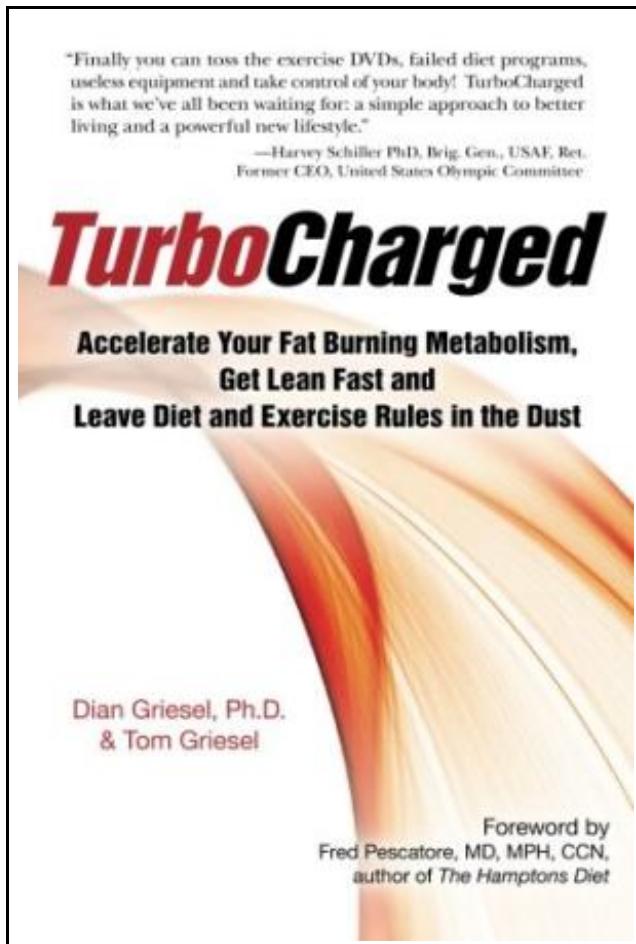


Turbocharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast and Leave Diet and Exercise Rules in the Dust



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Reviews

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Germaine Welch)

TURBOCHARGED: ACCELERATE YOUR FAT BURNING METABOLISM, GET LEAN FAST AND LEAVE DIET AND EXERCISE RULES IN THE DUST

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Business School of Happiness Inc. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 9.0in. x 5.9in. x 0.6in. TurboCharged By Dian Griesel, Ph. D. and Tom Griesel According to these boomer-generation authors, every diet to date is destined to deliver loss of lean muscle mass, moodiness, disappointment and failure. Instead, Dian and Tom provide an exciting new roadmap using a unique 8-step program that has been called the Holy Grail of Fat Loss and even the Fountain of Youth. Building on an exotic car metaphor, their system requires no strenuous exercise, supplements or special equipment. They show readers how to get on the road to eliminate excess body fat fast and forever. Within 3 days the program promises to: begin training your body to use excess body fat for energy; show everyday activities that will quickly accelerate fat-loss; teach mini-exercises requiring only 3-5 minutes each day that will trigger fat-burning while strengthening muscle; explain the ideal foods and how to eat them to burn your body fat fast; eliminate any related diet anxiety or moodiness; prove that you are truly getting younger; and, provide easy ways to maintain your new lean and healthy body with minimal effort for life. An excerpt from the Foreword by Fred Pescatore, MD, MPH, CCN, author of The Hamptons Diet says, TurboCharged doesn't bog down the reader with lots of science. Instead, it tells you what to do, when to do it, and if you follow the very simple guidelines, you too will be dropping fat fast, leaning out and attaining your goal of a lower body-fat percentage, decreases in inches and a younger metabolic age. TurboCharged is a system designed with genetics in mind and based on sound science. With a combination like that, you can't fail. Sister and brother, Dian and Tom Griesel have...

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