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# Fat Wars

45 days to transform  
your body

*"Fat Wars will give you all the ammunition you need to successfully fight your own battle of the bulge."*

—Ray Sahelian, M.D., bestselling author of *The SreVio Cookbook* and *Mind Boosters*



Brad J. King, M.S., M.F.S.

# Fat Wars 45 Ways To Transform Your Body

**RS Peters**



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