



# Fat Loss Factor: 101 Tips That Burn Belly Fat Daily

*Dr Charles*

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## **Fat Loss Factor: 101 Tips That Burn Belly Fat Daily** Dr Charles

Fat Loss Factor contains guidelines for a quick healthy lifestyle plan that can help anyone in any physical condition to lose unwanted belly fat. From the first principle of preparing for success to the last one, FLF implements a lifestyle of fitness, eating right for your body, and the mental attitude that it takes to reach your goal weight. The book is chock full of practical, down to earth advice.

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