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Zuri Day cranks up the heat with an explosively sexy tale about a

woman who's about to get a crash course in lust. . . First grade teacher Gwen Smith was happily married--until her husband got himself a twenty-something mistress and filed for divorce. Now just months away from turning forty-one, Gwen is back in her tiny California hometown, caring for her ailing mother, convinced her life is over. Then she meets Ransom Blake. Ransom is a twenty-six-year-old hunk who pushes every one of Gwen's buttons. Gwen has no intention of getting involved with a younger man, but he won't take no for an answer. So when he shows up at her classroom unannounced, Gwen can't help but tell him off--and then she realizes he's come for his daughter. But Ransom isn't shy about letting Gwen know how she can make it up to him. And if he gets his way, Gwen will lose all her inhibitions--and her heart. . . "An exciting read. Zuri Day does a fantastic job. . ." --Urban Reviews

Lies Lovers Tell The homeless person is thought to be different. Whereas we get to determine our difference or sameness, the homeless person's difference is imposed upon them and assumed to be known because of their homelessness. Exclusion from housing – either a commodity that should be accessed from the market or social provision – signifies the homeless person's incapacities and failure to function in what are presented as unproblematic social systems. Drawing on a program of research spanning ten years, this book provides an empirically grounded account of the lives and identities of people who are homeless. It illustrates that people with chronic experiences of homelessness have relatively predictable biographies characterised by exclusion, poverty, and trauma from early in life. Early experiences of exclusion continue to pervade the lives of people who are homeless in adulthood, yet they

identify with family and normative values as a means of imaging aspirational futures. Swimmer By: Brett Reetz A Door County (WI) native and washed-up Chicago Detective, Lloyd Jornt decided it might be best to return to the Peninsula to drink the remainder of his failed life away. Unfortunately, a series of bizarre watery deaths interrupt Lloyd's destructive binge when his step-brother, the Sheriff, enlists his help to stop the killings. In Lloyd's quest for answers, he meets a twelve-year-old Todd Grafton- a deaf boy who spends his evenings with his telescope studying the night sky over Green Bay. When, one night, Todd spots someone he thinks is a super hero, he decides that he wants to be a night swimmer, too. Together, Lloyd and Todd discover that pristine Chamber's Island may be the home to an ancient evil: the Swimming Man. As a successful real estate investor and finance expert, Michael Reza has seen firsthand the power of real estate investment in creating lasting financial freedom and generational wealth. That's why he decided to write his book "Real Estate Investment: The Road to Retirement and Building Generational Wealth." to empower individuals and families by sharing his 45 years of experience in financing. Michael shares his knowledge and expertise through this guide, hoping to help others achieve similar success in the real estate world. This book provides practical advice and strategies for individuals and groups looking to invest in real estate properties, whether for personal gain or for building a business that will last for generations. By reading this book and implementing its strategies, readers can learn how to create a steady income stream from real estate investments and achieve financial freedom for themselves and their families Mean Girls meets The Taming of the Shrew in

*this romantic follow-up to Always Never Yours Cameron Bright's reputation can be summed up in one word: b*tch. It's no surprise she's queen bee at her private L.A. high school--she's beautiful, talented, and notorious for her brutal honesty. But when she slips up in front of her crush, Andrew, any affection he may have had for her quickly fades. To win him over, Cameron resolves to "tame" herself, much like Shakespeare's infamous shrew, Katherine. If she makes amends with everyone she's ever wronged, Andrew will have to take notice. Thus, Cameron begins her apology tour with Brendan, the guy whose social life she single-handedly destroyed. At first, Brendan isn't so quick to forgive, but slowly he warms to her when they connect over a computer game he's developing. To Cameron's amazement, she actually enjoys hanging out with Brendan; he appreciates her honesty in a way Andrew never did, and she's left wondering: maybe you shouldn't have to compromise who you are for the kind of love you deserve.*

*Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting. You want chiseled abs but haven't seen results. *Ultimate Abs: The Definitive Guide to Developing a Chiseled Six-Pack* offers a science-based approach to abdominal training designed to help you finally achieve the elusive six-pack. Featuring 130 of the best abdominal exercises, certified strength and conditioning specialist and fitness expert Gareth Sapstead helps you successfully reach your training goals by providing progressions and regressions of each exercise to accommodate your specific fitness level. Whether you are training in a fully equipped gym or at home, Sapstead provides programming that*

will help you achieve results based on the equipment you have available. Sapstead's distinctive approach to delivering effective and innovative fitness content has made him one of the most followed fitness experts on social media and earned him the moniker "the Fitness Maverick." In Ultimate Abs, he addresses the principles that underpin effective ab training and addresses the misconceptions surrounding abdominal training to cut a direct path to the most effective way to develop a six-pack. Most resources focus on the concept of core strength training, but Ultimate Abs offers an unapologetic guide to developing chiseled six-pack abs. Although stabilization exercises are included within the book, looks are the priority, providing you with the tools to achieve your goals faster. Filled with expert coaching cues and an abdominal exercise library like none other, Ultimate Abs is a must-have guide for achieving the abs you have always dreamed of. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Ultimate Abs Online CE Exam may be purchased separately or as part of the Ultimate Abs With CE Exam package that includes both the book and the exam. Books about death are invariably about life. In her book Memento Mori, Muriel Spark says: "Death, when it approaches, ought not to take one by surprise. It should be part of the full expectancy of life. Without an ever-present sense of death life is insipid. You might as well live on the whites of eggs." In that vein, this book deals with the ever-present reality of death while concurrently embracing life. It celebrates the lives of the greatest generation while alerting aging baby boomers to be aware of what is waiting for them around the next corner. As the clients in this book journey

through the final stages of their lives toward death and the feeling that time is running out, Hope, the protagonist, conversely journeys toward a richer and fuller life. As clichéd as this sounds, this thoughtful book encourages readers to celebrate life and to live each day as the gift it is. "Every page bursts with humor, squee-inducing romance, and an abiding sense of the deep love and joy of its two writers . . . Always Never Yours is a necessary, feel-good addition to the YA canon."—Entertainment Weekly

Megan Harper is the girl before. All her exes find their one true love right after dating her. It's not a curse or anything, it's just the way things are. and Megan refuses to waste time feeling sorry for herself. Instead, she focuses on pursuing her next fling, directing theater, and fulfilling her dream school's acting requirement in the smallest role possible. But her plans quickly crumble when she's cast as none other than Juliet--yes, that Juliet--in her high school's production. It's a nightmare. Megan's not an actress and she's certainly not a Juliet. Then she meets Owen Okita, an aspiring playwright who agrees to help Megan catch the eye of a sexy stagehand in exchange for help writing his new script. Between rehearsals and contending with her divided family, Megan begins to notice Owen--thoughtful, unconventional, and utterly unlike her exes, and wonders: shouldn't a girl get to star in her own love story?

Cody Hunter patrolled the Mexico border by horseback in southern Arizona's expansive desert. He was ambushed and flown to a dangerous drug cartel near Bogota. While being held prisoner, he heard big cats caged nearby and dubbed the headquarters "The Growling Cat Ranch." This cartel entertained its friends in high places and neighboring drug lords by feeding the cats live human beings, preferably U. S. law

enforcement officers. Cody, having never piloted an airplane, escaped certain death by stealing one but crashed into the forest. He eluded his hunters and found refuge at the D.E.A. station in Bogota. The cartel kidnapped his wife in Tucson, then, she too, was destined for the jaguar cages. He rescued her singlehandedly against incredible odds. Having proven himself as a fighter and expert marksman, Cody is inducted into a secret organization that evens the playing field when justice is obstructed by power and rules that prevent convictions.

A step-by-step guide to rebuilding, restoring, and modifying the famous Mopar 'Six-Pack' engines that appeared in all of Chrysler's muscle cars from 1969 through 1971, as well as the late-model small-blocks and crate performance motors currently offered by Chrysler.

Zuri Day sizzles with a seductive story of one woman's quest to take control of her life. . .while experiencing an attraction too explosive to resist.

D'Andra Smalls has had enough. She's tired of being overweight, she's had it with her overbearing family, and she's fed up with settling for any guy who'll have her--especially since she caught her boyfriend cheating with her best friend. But working out and avoiding delicious food is easy compared to resisting the charms of Los Angeles' hottest personal trainer, JaJuan "Night" Simmons. Six feet of chiseled muscle and fine chocolate, he's challenging her body in all the right ways--and proving there's a sensitive, caring guy under the good looks. Their shared career goals of promoting health and fitness bring them even closer together. But D'Andra feels it may be too much of a good thing. After succeeding in taking command of her life, can she risk losing control of her heart?

NEW YORK TIMES BESTSELLER •

MacKayla Lane faces the ultimate threat when war breaks out

between the kingdoms of shadow and light, as the Fever series races to an explosive revelation. From the moment MacKayla Lane arrived in Dublin to hunt her sister's murderer, she's had to fight one dangerous battle after the next: to survive, to secure power, to keep her city safe, to protect the people she loves. The matter of who's good and who's evil can be decided by the answer to a single question: Whose side are you on? Now, as High Queen of the Fae, Mac faces her greatest challenge yet: ruling the very race she was born to hunt and kill—a race that wants her dead yesterday, so they can put a pure-blooded Fae queen on the throne. But challenges with her subjects are the least of her concerns when an ancient, deadly foe resurfaces, changing not only the rules of the game but the very game itself, initiating a catastrophic sequence of events that have devastating consequences and leave Mac questioning everything she's ever learned and everyone she's ever loved. Now begins an epic battle between Mortal and Fae, Seelie and Unseelie, would-be kings and would-be queens, with possession of the Unseelie King's virtually unlimited power and the fate of humanity at stake. From the exquisite, deadly gardens of the High Queen's court, to long-forgotten truths found in the Sacred Grove of Creation, from the erotic bed of her enigmatic, powerful lover to the darkest, seductive reaches of the Unseelie kingdom, Mac's final journey takes her places no human has been before, and only one human could possibly survive . . . One who's willing to sacrifice everything. A new dungeon, and a new meeting!? Mukohda, the salaryman who was brought from modern Japan to another world because he was caught in a "Hero Summoning," along with his familiars Fel, Sui, and Dora-chan, enjoyed their fill of seafood at

the seaside town of Berléand. Finally, they set off for the dungeon city of Aveling, just as he promised Fel! But before that, Mukohda asks for information about the dungeon from the gods... and hearing that many undead wander the dungeon, Mukohda starts to get cold feet again. To get Mukohda into the dungeon, the gods come up with a spectacular gift. (All for a new Tenant in Mukohda's Online Supermarket...) Reaching Aveling, Mukohda's party attempts to enter the dungeon with a veritable mountain of prepared food. However, a certain off-putting elf awaits Dora-chan! And even further into the dungeon, another wonderful meeting awaits our hero.....!? The super-popular, absurd, otherworld adventure continues in the 6th volume! From best friend to first love... Then, his rock stardom tore them apart. Now he's back, and her explosive secret threatens their second chance. The day I meet Chris is like any other day. I've been kicked out of yet another foster home. The moment I see the piercing in his lip and the tattoos on his smooth skin, I know I won't last long here. I've never been so happy to be so wrong. With a patience I've never known in my short, tumultuous life, Chris and his mother show me it's possible to trust again. And when no one's looking, Chris shows me it's possible to feel loved. Unfortunately, he's my foster brother. I can be kicked out of the only home I've ever known if anyone finds out about us. But once I set off to college, Chris and I can finally come out. And suddenly, hiding our love is the least of our worries when Chris is offered a record deal. Chris is adamant he'll never leave me. I know he won't take the deal unless I force him to. I have to do the unthinkable. I have to do it for him. This boxed set includes all SEVEN novels from the New York Times bestselling series. The

Shattered Hearts series is a steamy and tender second-chance romance. This set includes: - Forever Ours (197 pages) - Relentless (262 pages) - Pieces of You (372 pages) - Bring Me Home (389 pages) - Chasing Abby (372 pages) - Abandon (258 pages) - Ripped (232 pages) Wayne's dad dreams of being a soccer coach. Can Wayne help his dad's dream come true? In 1954, in the cookhouse of a logging and sawmill settlement in northern New Hampshire, an anxious twelve-year-old boy mistakes the local constable's girlfriend for a bear. Both the twelve-year-old and his father become fugitives, forced to run from Coos County—to Boston, to southern Vermont, to Toronto—pursued by the implacable constable. Their lone protector is a fiercely libertarian logger, once a river driver, who befriends them. In a story spanning five decades, *Last Night in Twisted River* depicts the recent half-century in the United States as “a living replica of Coos County, where lethal hatreds were generally permitted to run their course.” What further distinguishes *Last Night in Twisted River* is the author's unmistakable voice—the inimitable voice of an accomplished storyteller.

Chiseled abs, a defined midsection, and a powerful core require more than sit-ups, crunches, and the latest miracle diet. To achieve true six-pack success, you're going to need a plan—one based on the most effective exercises and sound programming. You need Abs Revealed. In Abs Revealed, award-winning personal trainer Jonathan Ross provides a complete program for strengthening, sculpting, and maintaining your midsection. More than a collection of exercises, Abs Revealed shows you how to fire your ab muscles regardless of your current fitness level, identify your goals, and develop a personalized workout program to fit your

schedule with progressions built in for quick and clear results. This results-oriented, step-by-step guide also includes more than 60 core exercises, ready-to-use workout plans, and advice on integrating abdominal development into cardio and strength routines. Moreover, you'll discover strategies for applying the latest research on diet and nutrition to enhance and maintain muscle definition and tone throughout the year. If you're tired of doing endless crunches with limited results, let Abs Revealed show you a better way. With proven plans and personalized programming, it's your step-by-step guide to six-pack success.

ENVIRONMENTAL ISSUES DUE TO GLOBAL WARMING

Forwarding a number of years, imagine an over-populated world having a problem with food and water shortages caused by Global warming. And with England now having a population of 240 million people, and climbing, and this being a real possibility of SOMETHING THAT COULD ACTUALLY HAPPEN, something needed to be done quickly in order to prevent the country from having its own food shortage, and starvation happening. So in order to prevent this happening, or worse, our future leaders, the Six Pack, would attempt to do this monumental task by freeing up more land to grow food crops, so had in a Speech, given many millions of people, eight years to move from their homes to make use of their land. And now with the clock running down those years, this story tells of five people, having all chosen to move to one small area of an already overcrowded Capitol City (London), now needing to live their lives in a vastly different society from the one they had previously known, so had needed to quickly come to terms and adapt to these changes. Having been either involved with romance, mystery, depression,

murder, vengeance, hatred and violence, they would all have surprising tales to tell. Today is the Main Street Block Party! Beginning readers are sure to enjoy this charming story that uses bright illustrations, an easy rhyme, and fresh text in conjunction with familiar and challenging vocabulary to help enhance readers' ability to use, recognize, and practice a variety of long vowel sounds and early literacy skills. This 6-Pack includes six copies of this title and a lesson plan. This book consists of the most effective and advanced abdominal and core conditioning exercises on the planet and provides insight on the following: - How to set up a training schedule. - The best approach to cardio training. - How to get started on your program. - The need for warming up. - The importance of proper posture and form. - How to exercise safely. - What equipment to use. "6 Weeks to 6 Pack Abs" doesn't require hundreds of crunches or expensive equipment, and believe it or not, there's not a single sit up in any of the workouts. Even more importantly, this program will not only give you the six pack abs you want, it will also give you a powerful, athletic midsection while reducing low back pain and loosening up stiff muscles and joints. Baseball is America's pastime. No other sport has so captured our country's spirit and loyalty throughout the ages. We see our shiny-faced heroes on the field, signing autographs, making unbelievable plays, and doing unthinkable athletic feats night after night. We see them beaming at press conferences (always well manicured), answering 'yes ma'am, no ma'am, ' and never missing a beat. The players and heroes on the field are America's champions. But.but are they really that way? What about that one? Yes, look at that player over there. The one ogling down that woman's blouse as she leans

over to wipe her child's mustard painted face? That guy seems different. Or is he? Most baseball novels follow the standard method described in the opening paragraph. As readers, we never see the real men behind the façade. What if a novel existed for the Maxim crowd about baseball? What if we could see how things really are? Now we can. Follow the always crude and crass Jack "Clutch" Thompson through a baseball season as he canoodles with monkey (women), plays pranks with his friends and teammates, and tries to break his own personal curse of only succeeding in clutch, pinch hit situations. Open up this novel and see how baseball players really are. 'Life is not a measuring stick,' a school guidance counsellor told Kasey Edwards thirty years ago. Well, that turned out to be a lie. Now in her forties, Kasey reflects on how being a woman often feels like a test. One she flunks. From her body to her mothering skills, relationships and career, Kasey has managed to feel guilty about pretty much everything. And let's not even mention the epidural, elective caesarean and baby formula. Like most of us, she used to think that her 'failures' were all her fault – that she just sucked at everything. But then she realised that this whole business of being a woman has been rigged from the start. No woman ever measures up. Men have to do something really bad to be crippled by guilt. All women have to do is eat a piece of cake, raise their voice or allow their kids to play with an iPad. In Guilt Trip, Kasey explores the shame she shouldn't have to feel, and says out loud: 'I am not the problem here. And neither are you.' 'When I first stumbled upon Kasey's articles in a daily rag two years ago, all I felt was relief. Thank GOODNESS someone is saying this stuff out loud, I thought: this stuff that rattles around in our

heads, unspoken, often unchallenged. Kasey's writing is thoughtful, sharp as a whip, entertaining, and in moments just plain heart-breaking. This is important and modern story telling. Thank you Kasey.' —Clare Bowditch This is a vivid look back at the last four years of the speedways existence as seen through the eyes of six guys and six girls whose last years at Islip High School coincided with its closure. It is a true unfiltered look at what life was like in the mid to late 70s, particularly the class of 76, 77, and 78. While most of the girls worked at the speedway, the guys grew up under its shadow. This was the last group of young adults who would be directly influenced by the speedways presence. Its resonant frequency echoing from the super modified cars is what permeated the souls of these extraordinary individuals, which now acted like a glue, bonding them together as they come together and grow together despite their many varied backgrounds. Also, they represented a pure slice of American culture during the disco era, so its easy to follow them on their journey from teen to young adult and then out the door at eighteen! It is a trip back to a time when Islip was a motorhead town and street machines ruled the day. It is a multifaceted read, which is part narrative, part screenplay, and part musical. And theres a bitter satirical aspect as well. The reader is totally submersed while traveling along with these twelve for one hell of a hot rod ride to adulthood. You can strut along to the sounds and smellsyes, the smellsof the salty sea air as it wafts across the bay, filling up the streets in this beautiful beach town. However, tranquility is shattered during the summer weekends by the sound of pure American horsepower, and the sea air is transformed by the burning of 120-octane fuel. In every small town in the United

States, one can find its thing that all residents will identify with, either good or bad. The speedway was the thing that made the people of Islip so interesting. Located just fifty miles east of New York City is what helped make Islip, Long Island, one of the coolest suburbs, and it also provided a great backdrop to hang their story. Along with the music of the time and hot rods too, their constant socialization helps complete the teleport. (Got marshmallows, anyone?) For many, this is a look back to a much simpler time, but what you end up coming away with is that everything comes with a price! Americans as a whole need each other, and these twelve had it in spades as they discovered early on that the real secret in life is to love and admire the differences that exist in each of us. Engage Literacy is the new reading scheme from Raintree that introduces engaging and contemporary content to motivate and support early readers while providing a reliable and instructional framework. All titles are precisely levelled, with new vocabulary being introduced and reinforced throughout the levels. The Pink book band comprises 10 fiction and 10 non-fiction books at levels 1 and 2. Haven has been Brace's home for three years. He has seen many new arrivals, coming from Dunya and beyond, seeking refuge and escape from the ever-growing darkness. Haven is indeed a place of safety and unexpected joys, though Brace has found that life can still have its sorrows. Now he must find a way to cope with the issues of daily life while the world outside Haven's gate grows more and more dangerous seemingly each day. What is his place in Haven? Brace wonders. What is his purpose? If life in Haven is truly his destiny, there must be some part he has to play in the grand scheme of things. But will that purpose come from inside

the city's walls or beyond them? If you are interested in learning everything there is to get fast results of 6 pack abs, then this is going to be the most important book you'll ever read... Just imagine being able to get cut, sexy abs without doing harmful exercises and without a personal trainer. Lose belly fat for six pack abs the right way - no overhyped supplements, long boring cardio, or bogus ab gadgets. You will get the honest answers to abdominal exercises and stomach fat loss. Yes you could have a six-pack. It truly is possible, but you just need to know how. Start Losing Weight and Getting In Shape in Just 7 Days! Here's what you'll discover in Fast Six Pack Abs: - How to get the six-pack you have always dreamed of...And FAST! - How to prepare yourself mentally so you can succeed physically... - 3 little known, yet simple diet to get great abs...And keep them... - A 6-week training program that get you the 6-pack abs you are looking for... - Exercises with step-by-step instructions & illustrations so there is no confusion as to what to do... - Secret of expert ab trainer specialists that few people ever know about... - 3 proven steps to improve the way you clean your teeth and your mouth... - 2 simple keys (that are right in front of your eyes) to understanding your bad breath problem... - WARNING: 3 things you should never do when it comes to working out your abs... - You'll discover in just a few short minutes simple ways to prepare your heart and your mind for physical change... - 6 time tested and proven strategies for picking ab exercises that are right for you... - 7 everyday but often overlooked tips and tricks for eating right to loose aid your success... - How often to exercise to get cut abs... - How to understand your ab muscles; where they are and what they do... - Exercise alone is not enough. Discover the

holistic system combined with diet & nutrition plan to get you over the top... - And much more... THE CEO'S DILEMMA

Furious and devastated when the project for the prestigious contest she won is canceled, architect Aisha Clark storms into the new CEO's office demanding he reconsider the decision. Billionaire Roman Sykes was reluctant to take over his father's firm, but he's intrigued by the brilliant beauty. Her project deserves a chance, but an entanglement is off-limits. With passion as powerful as their ambitions, can both put career dreams on the line for love? UNDENIABLE PASSION

*Her mother's wedding brings burned-by-love magazine editor Rita Osgood to Sheridan Falls...where she feels an instant connection to homegrown hunk Keith Burke. A hot fling with the sweet-talking Realtor could be just what she needs. Until an unexpected arrival shatters the fragile bond between Rita and Keith...and their trust in a future together. This book contains six of John McGrath's most celebrated plays, including *The Cheviot, the Stag and the Black, Black Oil, Blood Red Roses*, border warfare and random happenings in the Hebrides. Eating healthy keeps our bodies working well. Learn how to eat healthy and make good food choices with this colorful, engaging title! This 6-Pack includes six copies of this title and a lesson plan. Presents the first book in more than twenty years from the self-proclaimed King of All Media. Beth Danube moves to Alberta with her three little boys for a fresh start, and when she meets Daniel in a Calgary bar, the two begin a friends-with-benefits relationship. Do you consider yourself healthy and fit? Do you stand in that trial room of an H&M store, looking at a pic of a model in a poster telling yourself, "Gosh! I wish I had that body!"? Or are you that person*

who wakes up every morning, gung-ho about going for your workouts and then just can't go for it? Or are you that person who tells yourself, "I can't do this, it's too tough." Or are you someone who doesn't know how to begin? Or are you someone, who makes a New Year resolution to get fit and drops out after a while? Don't get bogged down. This book is meant just for you because the pre-requisite of getting fit and leading a healthy lifestyle has got nothing to do with what you do, but it's got everything to do with what's in your mind. Replete with tools, tenets and strategies, in the book, I take you through the FOUR stages to a complete health transformation and help you formulate a blueprint for fitness to easily make fitness a part of the minutiae of your everyday life. Are you ready to take your shirt off at the beach? Men's Health The Six-Pack Secret will help you get there. It's the magazine's newest step-by-step program for losing belly fat and building abs that show! Drawing from the latest research in exercise physiology and nutrition, it provides the most cutting-edge advice and action plans for sculpting rock-hard abs by the time you hit the sand. What's inside: workouts that can burn up 200 calories in just 8 minutes; dozens of science-backed secrets for boosting metabolism and targeting belly fat; core workouts that will whip anyone into shape; dozens of belly-shedding recipes and nutrition tips; and instructional photos of 50 all-time best abs exercises. Plus, a special bonus chapter: 100 world-class workout secrets from America's top trainers. Men's Health The Six-Pack Secret is designed to help you turn stubborn belly fat into lean, hard muscle. Getting a six pack is on the top of many people's list of priorities, but there's a common issue. People have trouble losing weight even when dealing with a

*personal trainer, that trainer could be the problem! Many personal trainers will sugar coat things with you as they are starving for business and wouldn't want to upset you. Not me, in fact I don't have the time to take on new clients and haven't for over 2 years! I pride myself in telling my clients the absolute truth in getting a six pack, or reaching any of their fitness goals. This book covers many reasons WHY you're not getting a six pack and blasting that belly fat! Inside this short and to the point, no BS book you will learn: **What muscles you NEED to work if you want to get a six pack **What foods you have to have in your diet if you ever dream of attaining your weight loss goals **What you need to do FIRST thing in the day to ensure you start your day with a revved up metabolism ready to start blasting fat. ** How getting that six pack you've been dreaming of starts with being in your head! ** Why some of the information you've heard before is completely UNTRUE! Grab this book today and finally start working toward getting that set of six pack abs, you won't be sorry you did!*

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