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## Not A Diet Book Lose Fat Gain Confidence Transform Your Life By James Smith

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your body type'

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May 26th, 2020 - today i ve got another diet myth news flash for you eating less does not cause fat loss yes you heard me right you re about to find out why eating less does not cause fat loss but first you should know that today s diet myth es straight from jonathan bailor author of a brand new book that i highly remend you check out the calorie myth how to eat more exercise less lose'

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