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The Rapid Fat Loss Handbook: A Scientific Approach to Crash Dieting

Lyle McDonald

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The Rapid Fat Loss Handbook: A Scientific Approach to Crash Dieting Lyle McDonald
In an ideal world, everyone would take a long-term approach to dieting, trying to lose weight/fat gradually. They'd make small changes to their eating habits, activity patterns, or both. But we don't live in an ideal world there are situations when that simply won't work. Or where people simply aren't willing to be patient. Maybe they need to drop weight fast for a special event, or they are an athlete or bodybuilder who has to get in shape and is under a time crunch. Maybe they just want the diet over as quickly as possible. Whatever the case, sometimes you need a way to drop both weight and fat quickly to reach your goals. That's where The Rapid Fat Loss Handbook: A Scientific Approach to Crash Dieting comes in.

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