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8 Minutes in the Morning to a Flat Belly: Lose Up to 6 Inches in Less Than 4 Weeks--Guaranteed! (Paperback)

By Jorge Cruise

Rodale Books, 2004. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Lose up to 6 inches of belly bulge in less than 4 weeks-- guaranteed! Heart attack. Breast cancer. High blood pressure. These are all good reasons to lose that fat around your middle. And now, whether you're new to the Jorge Cruise weight-control plan or not, 8 Minutes in the Morning to a Flat Belly will help you lose up to 6 inches of belly bulge in less than 4 weeks-- guaranteed! The Jorge Cruise secret is to restore your metabolism by creating new lean muscles that burn fat and shrink the size of your belly. Each day you'll do a simple Cruise Move routine that is specialized to sculpt your belly and take just 8 minutes. You'll also get a delicious meal plan with the essential muscle-making materials you'll need to create your new body. All with NO counting of calories or banning of foods. Empowering visualizations will help you conquer the emotional eating that may be sabotaging your efforts. Success stories from...



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