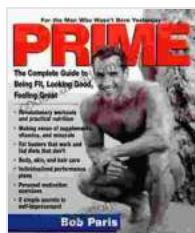


The Complete Guide to Being Fit, Looking Good, and Feeling Great for the Man Who Wasn't

If you're a man who's struggling to get in shape, look good, and feel great, then this is the book for you.

The Complete Guide to Being Fit, Looking Good, and Feeling Great for the Man Who Wasn't will teach you everything you need to know about fitness, nutrition, and style.

This book is written by a team of experts in the fields of fitness, nutrition, and style. They have years of experience helping men get in shape, look good, and feel great.



Prime: The Complete Guide to Being Fit, Looking Good, Feeling Great - For the Man Who Wasn't Born Yesterday

by Bob Paris

★★★★☆ 4.1 out of 5

Language : English
File size : 1397 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 258 pages



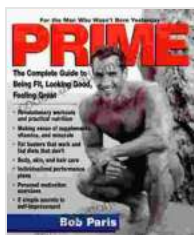
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- The importance of nutrition and how to create a healthy diet
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- How to overcome the challenges of being a man who wants to get in shape, look good, and feel great

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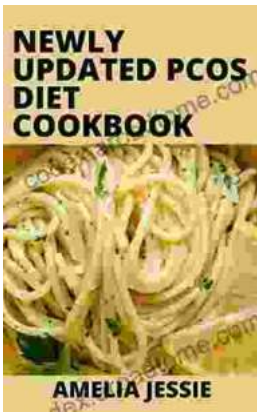
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