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A remarkable customized training program that will help you

- Find Your Fat-Burning Zone
- Eat for Long-Term Energy
- · Create a Flexible, Comfortable Workout Plan
- Achieve Extraordinary Results

# Stu Mittleman

with KATHERINE CALLAN Foreword by ANTHONY ROBBINS

## **Slow Burn Fat Faster By Exercising Slower**

**Donovan Ekstrom** 

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