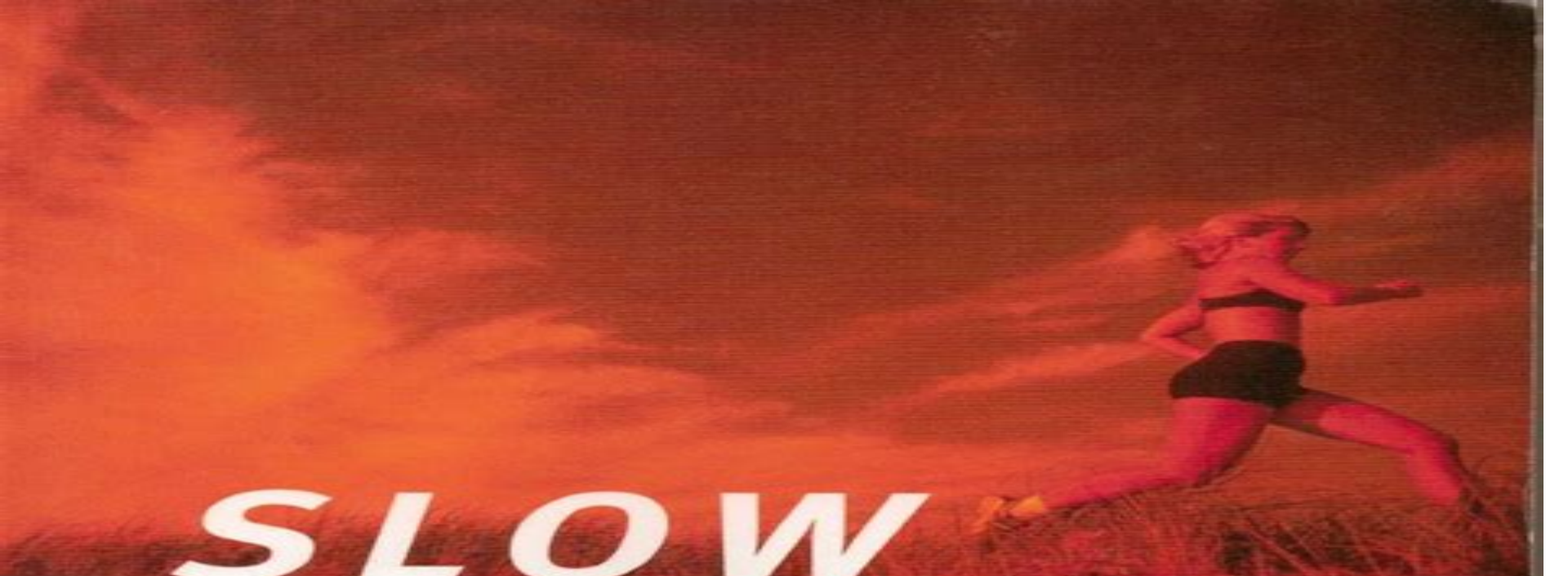


A woman in athletic wear is running across a field, silhouetted against a dramatic, fiery orange and red sky. The word "SLOW" is written in large white letters, and "BURN" is written in large red letters, both partially overlapping the image and the white background below.

SLOW BURN

BURN FAT FASTER BY EXERCISING SLOWER

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 Burn Fat Faster By Exercising Slower

M Lipman



Slow Burn Burn Fat Faster By Exercising Slower:

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