



***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

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