



Dr. John Briffa



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Waist Disposal: The Ultimate Fat-Loss Manual for Men

By John Briffa

Hay House. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.4in. x 5.4in. x 0.7in. Are you carrying extra weight, especially around the middle, that you'd like to get rid of? Are you confused by conflicting and contradictory weight-loss information? Do you want to transform the look and feel of your body without having to turn your life upside down? If so, *Waist Disposal* is the practical, easy-to-apply approach that will provide the long-lasting results you're looking for! Dr. John Briffa draws on hundreds of scientific studies to debunk popular myths about diet and exercise, and reveals the most effective way to lose fat and build an athletic physique. Inside you'll discover: The foods that, regardless of calorie count, cause weight gain, and those that don't. Why weight loss is not the goal, fat loss is. Why counting calories doesn't work, and which foods satisfy the appetite best. How to get fit and toned with just 12 minutes of exercise a day. How to harness the power of your mind to accelerate your progress. A refreshing antidote to the bewildering mass of information on diet and fitness, *Waist Disposal* gives you all the tools you'll need to leave calorie-counting and strict regimes behind



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