

Insider Fat Loss Interviews Volume 1 (The Fat Loss Interviews)



This book is a collection of fat loss interviews that Fitness Industry Expert Lincoln Bryden conducted, with leading fat loss practitioners from around the world. Even though Lincoln has over 20 years experience in the fitness industry, he had continually struggled with his weight. So he decided to interview professionals at the top of their field, to demystify and break through some of the most common fat loss misconceptions. This first edition reveals exclusive information that will help you, create the correct behaviour changes to allow fat loss to happen. You will also find out how emotional eating maybe hindering your fat loss efforts, as well as finding out clear strategies that females can use that are exclusive to them, to make sure that they burn fat and not store it. A lot of this information is not revealed in many diet books and actually flies in the face of conventional nutritional advice. However the professionals interviewed in this book have helped literally 1000s of people to achieve their fat loss goals, and you will find this an enlightening and refreshing read.

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