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## The Fat Trainer: How an Overweight Personal Trainer Finally Put It Together to Get in Shape.

By Holland Newton

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 110 pages. Dimensions: 8.0in. x 5.2in. x 0.2in. Holland Newton was a fat personal trainer and even though he knew how to get his clients in better shape, he just couldn't do so for himself. . . . until now! Holland was finally able to put it all together to lose the extra weight he had carried all his life. He went from 280 lb (127 kg) to 220 lb (100 kg) in about six months following the guidelines found in The Fat Trainer. That was in 2008. In 2012, he's down below 199 lb (90 kg). Did you know that 97 of people who lose weight, gain it all back (and more) within 5 years (According to a National Institutes of Health study. ) By following his plan, Holland has not only been able to reverse his lifelong challenge of being overweight, he's getting more and more fit. This book is quick-hitting and an incredible value. Holland purposefully gets straight to the point in The Fat Trainer so you can achieve your fitness dreams. Regardless of whether you're looking to lose weight, The Fat Trainer...


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