



# **The Body You Want From A to Z - Real World Strategies To Get The Body You Want in the Time You Actually Have**

*Josef Brandenburg, Gary Taubes, Dr. Bryan Walsh, Jimmy Moore*

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## **The Body You Want From A to Z - Real World Strategies To Get The Body You Want in the Time You Actually Have** Josef Brandenburg, Gary Taubes, Dr. Bryan Walsh, Jimmy Moore

Discover the truth about getting and keeping the body you've always wanted in the time you actually have.

Discover weight loss myths like:

- \*Why calories don't count
- \*Why jogging won't help you lose fat
- \*The REAL reason we are losing the war on obesity
- \*How to get a fun, fast and effective fat burning workout at home in just 20min
- \*How to eat dessert without looking like it
- \*How to get the booty you want
- \*Why crunches will NOT give you nice abs

Unclog your mind and reveal the body you want. *There are special chapters by guest authors - Gary Taubes, Dr. Bryan Walsh and Jimmy Moore*

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