



## 100 Steps to a Lean Body

By Katarina Nolte

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. While the main focus of 100 Steps to a Lean Body is placed on switching from a diet based on industrially processed food to one that consists of real food, such a change alone does not produce the degree of success that the book is suggesting. In addition to dietary changes the steps include a series of supplements and many other details necessary to achieve optimal results. It is important that you take every detail contained in 100 Steps to a Lean Body into account and incorporate it into your daily life. This is also one of the reasons why you will need time to achieve your personal optimum in terms of your muscle to fat ratio. 100 Steps to a Lean Body is a holistic, all encompassing program meant for those who are ready to make all the changes necessary to change their figure for good. The typical modern environment we live in today, unfortunately, makes it difficult to be lean and remain lean indefinitely. Many individuals do begin to exercise regularly and even go as far...



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