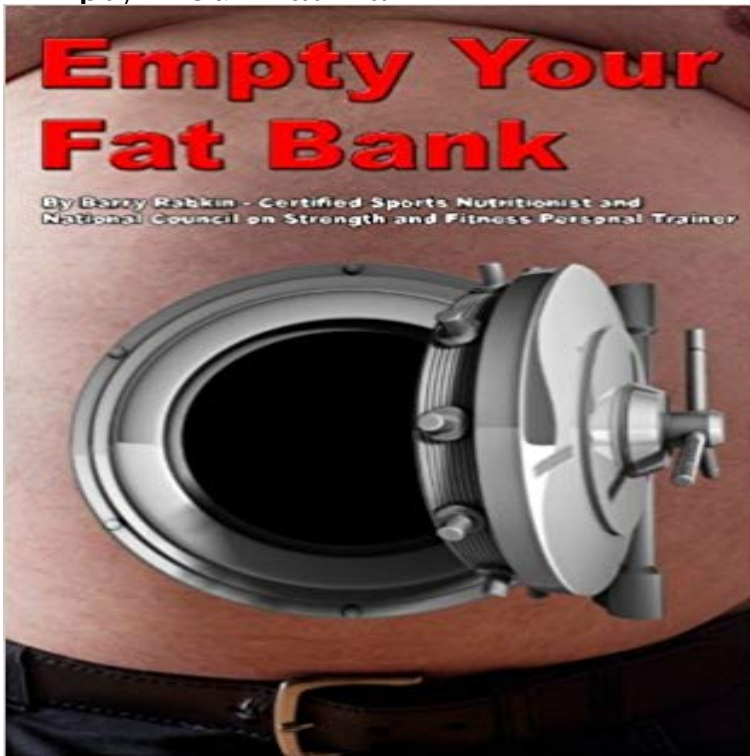


Empty Your Fat Bank



Today is your first day on the job as president of your own bank. This morning you were given the keys and combination to the bank vault and complete freedom to run it as you see fit. As the bank owner, you can withdraw and spend it on whatever you want. You can also take deposits into your bank vault for safe keeping. Depending on your actions as president, the savings in the bank vault will either grow or disappear. But there's one essential twist: You don't store money in your bank. You hold extra energy, also known as calories. When we take in more calories than we use, our bodies store the extra energy as fat to keep it available for future use. You've been carrying this bank around with you your entire life, but no one ever gave you the instruction manual that reveals the secrets of how it works! You are reading a comprehensive step by step guide on how to empty your fat bank quickly and painlessly, with proven strategies that helped the author drop over 100 pounds of fat. Certified Nutritionist Barry Rabkin's step by step breakdowns make it easy for beginners of all ages to quickly master advanced fitness concepts. A triple threat, Barry's training includes a degree in Psychology and certification as both a National Council on Strength and Fitness Personal Trainer and a Sports Nutritionist. Empty Your Fat Bank goes deep into everything you need to know to lose fat quickly and forever. Food & You - How to make deposits into your fat bank Exercise & You - How to make withdrawals Sleep & You - How to open your fat bank vault Stress & You - How to keep your vault open Habits & You - How to automate your withdrawals Read the instruction manual that our bodies should have included! This is the honest, proven, step by step guide on how to drop fat and keep it off for the rest of your life. You deserve a body you feel at home in. Empty Your Fat Bank strategies will help you

transform your body and your life!

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