



The Health Hacker: Big Book of Hacks, Tips and Tricks For Fast Weight Loss, Metabolism Boosting and Fat Loss

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The Big Book of hacks contains all the hacks from three of the other Health Hacker titles. This Big Book brings you the best, most effective, easiest ways to slim down, strip fat, burn calories and boost your metabolism. It can be easy if you've got the insider knowledge for the most effective ways to lose weight and slim down. This book is packed with information and health club insider tips to help you get the best results: to help you slim down, lose weight and look your best, easily and quickly.

The Health Hacker has produced a series of books focusing on specific areas: the most commonly requested areas by clients, and the latest protocols to hit the exercise and nutrition world. This book is a collection of hacks, tips and tricks from three books, bringing you the best hacks, tips and tricks for weight loss, metabolism boosting and fat loss.

Find the area or topic you want to concentrate on and pick that book, then get stuck in. You'll see results in no time.

Try incorporating a tip a week at the minimum, more if you're after faster results. The Health Hacker gives you the knowledge, then it's over to you. Let's go!

The Health Hacker is an undercover health special agent working in one of Europe's top high end health clubs and he (or is he a she?) is on a mission to share the health knowledge and expertise that people are paying thousands of dollars for. The Health Hacker's aim is to produce a series of books that share the latest exercise, muscle building, diet and nutrition hacks, tips and tricks that individuals are paying literally hundreds of dollars an hour for in one-to-one coaching and advice sessions.

You see, not only does the Health Hacker have years of competitive sports and exercise experience of their own, but the Health Hacker works with a highly experienced team of specialists, all experts in their fields: nutritionists, personal trainers, osteopaths, yogi's, chiropractors, martial arts masters, national champions, gold medallists, strength and conditioning coaches, the list goes on and on.

So when you pick up one of the Health Hacker's series of Hacks, Tips and Tricks, you're not just picking up one person's tips, but you're picking up a body of knowledge from a team of some of the top practicing experts in the field of exercise, diet and nutrition. This is knowledge and expertise that people pay thousands of dollars a week to be exposed to, and the Health Hacker is packaging it up and bringing it to you in this ebook.

The Health Hacker's mission? To make healthy nutrition, exercise and results available for all.

So read on and get the results you've always wanted.

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