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The Power of Your Metabolism by Frank Suarez was quite an eye opening read. At first I'm not going to lie, I thought this would be a "Preachy" type of tutorial based book. But contrary to my initial belief it was quite straight forward and a take a or leave it format. Suarez presents facts on all that we all know we could and should do better.

The Power of Your Metabolism by Frank Suárez

The Power of your Metabolism Book by Frank Suarez Learn to use your metabolism to lose weight and keep it off. By improving your slow metabolism, you'll be able to eat what you want and without feeling restricted and without the fear of gaining all that lost weight back.