

SLIMOLOGY

THE RELATIVELY SIMPLE
SCIENCE OF SLIMMING



BY SAM FELTHAM

Slimology The Relatively Simple Science Of Slimming

Jonathan Bailor



Slimology The Relatively Simple Science Of Slimming:

Slimology Sam Feltham, 2014-12-23 Having studied the slimming of thousands of people Personal Trainer Health Activist Sam Feltham breaks the mould of health and fitness to create a new area of study Slimology By using rigorous Socratic questioning and evocative storytelling he uncovers the past 15 years of diet and exercise research in 50 pages which seemingly contradicts the current conventional wisdom on slimming down toning up and feeling great Alongside the why Feltham provides you with the how with a 12 week action plan lifestyle diary and mini cook book to help you slim down tone up and feel great as effectively and efficiently as possible Plus how to maintain your new healthy lifestyle afterwards in a society hell bent on making you unhealthy

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