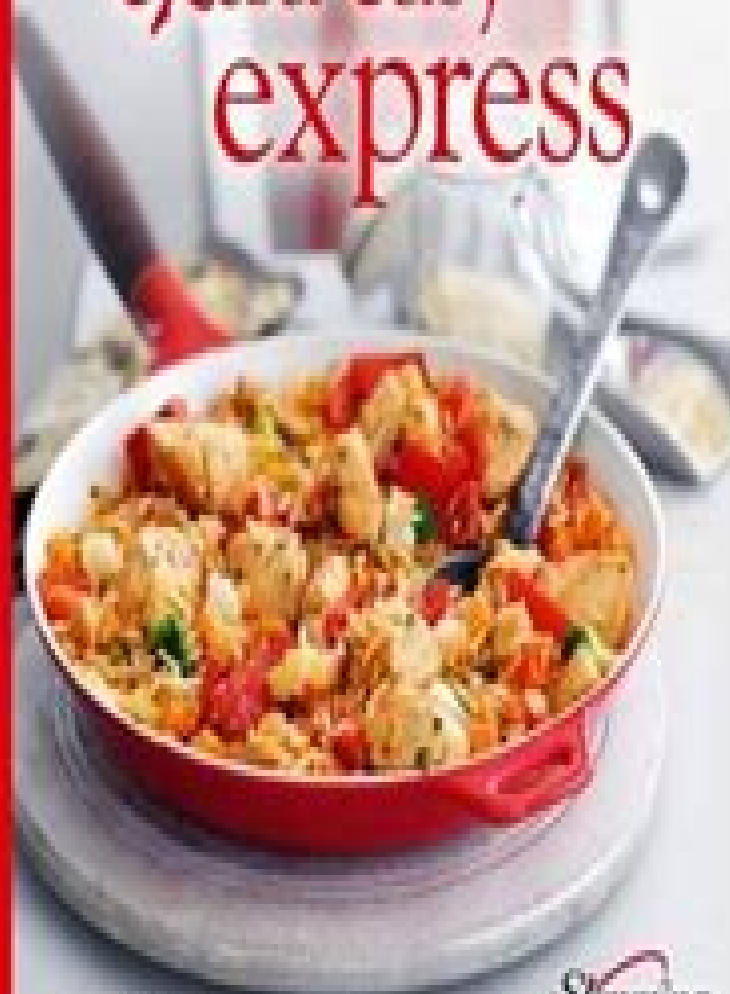


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Man v Fat Andrew Shanahan,2014-12-15 Man v Fat is a practical and supportive resource for men written by a normal bloke who just wanted to lose some weight. One day Andrew Shanahan took a guttie to text to a mate. But once he had taken the photo, he couldn't stop looking at it. He realised how unhappy he was about his body and resolved to change it. However, he soon learned that the dieting industry had turned its back on men. Men were expected to get fit, tone up and turn fat into a six pack in six weeks. There was nothing for men who simply wanted to lose their beer belly, play football again and feel more confident. So Andrew decided to do something about this. In Man v Fat, Andrew Shanahan will give you everything you need to know in order to lose weight, breaking it down into three essential components: Stage 1: Understand why you got fat; Stage 2: Learn how to lose weight; Stage 3: Create a winning structure. Man v Fat is not a diet book or a commercial diet plan. It will explain and myth-bust the various diets available so you can choose the one that will work best for you or even create your own. It will help you to supercharge your motivation, set specific goals and teach you how to track and review them, identify threats and create a support network and, of course, troubleshoot common hurdles. There are plans to get you walking, running or cycling, optional activity or make the most of obligatory activity. Plus a perfect week plan and perfect month plan to get you started. In the battle of man against fat, this book is your ultimate weapon.

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