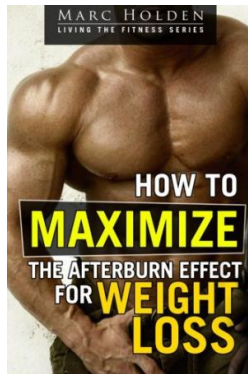


## How to Maximize the Afterburn Effect for Weight Loss



### Book Review

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(Andy Erdman)

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