

The Weight Pop Off Method: ***How I Popped Off 81 Pounds in 8 Months***

The Story, Tips, Eating Habits, & Fitness Routines



Nicholas Hester, PhD

Weight Pop Off Method Fitness

Azariah Thomas Lincoln

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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The Weight Pop Off Method: Pop Off Into Fitness Success Nicholas Hester, 2015-11-25 In this book Nicholas Hester PhD shares the principles that helped him lose 81 pounds in 8 months This is the second book in the The Weight Pop Off Method series This book will not only inspire you but show you how you can overcome any boundaries to fitness success that you may be facing Read this book now and you will be well on your way to popping off into amazing fitness success

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