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12-Week Program For Burning Fat And Building  
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Larry Keller is the author of The Men's Health Hard Body Plan (3.80 avg rating, 56 ratings, 7 reviews, published 2000), Men'sHealth Real Life Survival Gu

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I recently bought this book in hopes of supplementing it with another Mens Health book, 'The Testosterone Advantage'. First off, the book is nicely written and laid out.

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