



# Get Me Skinny (Paperback)

By Tony Arreola

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Why can t I lose weight? Aubrey tormented herself. If she lost the weight, she knew her life would change. But how? Empty promise after empty promise, the fitness industry regularly burned her. Destined for another failed attempt, a disillusioned Aubrey hears of the talented Mr. Skinny. He holds the secret to her success. He s smart, fit, charming and.too busy for her. She needs to get in shape, she needs to find a man, and she needs to make this year, her year. In this groundbreaking book, Tony reveals the secrets to his remarkable fitness program. You Il learn the foundation for his proven MAD Plan. For Tony, it s personal-people need to know that weight-loss isn t hard, it s surprisingly simple.



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