



TRUTH Body Solutions: Truthful Nutritional Strategies for a Better Body and a Better Life

Frank Sepe

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In his new book *TRUTH Body Solutions*, **Frank Sepe** provides easy, nutritionally sound, common-sense eating strategies that not only are easy to follow, but will help you lose the excess weight forever without pills or gimmicks. Frank doesn't believe in the latest fad diet, but would rather provide you with the nutritional information his clients pay thousands of dollars to learn. There are also separate chapters for those of you who need to actually gain a few pounds in a safe way.

Frank also focuses on muscle building, with a concrete plan for both women and men to melt off fat and replace it with calorie-burning muscle. There will be a system for those who want the type of sculptured physique that you see on top Hollywood stars and in magazines.

This book includes an exercise CD to meet all of your workout needs. It will be like inviting Frank into your personal workout area every single day. The CD is for all fitness levels, and you'll be able to tailor a plan to your needs with the combination of it and the book.

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