



Build Your Dream Body: Breaking the Lies and Myths of the Fitness Industry so You Can Build Lean, Hard Muscle and Shred Fat Using Simple and Proven Techniques That Get Results

Peter Paulson

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You've been lied to. I'm sorry to break it to you, but it's true. Much of what you've heard is wrong, holds you back, and keeps you from reaching your fitness goals. The fitness industry has a concept called "complicate to profit". It's a con that has awful implications:

- It takes money from your pocket and puts it into the industry's pockets
- It over-complicates the health and fitness world, leaving you lost in a sea of misinformation
- It prevents you from taking action and has you jumping from fad to fad, never seeing results

Build Your Dream Body is the book that cuts through the sea of confusion and misinformation. It breaks the lies of the industry and removes the fluff, giving you exactly what you need to build your dream body.

When you listen to this book you'll learn exactly what you need to pack on lean, sexy muscle, shred fat, and look your best. We'll expose the myths of the fitness industry and leave you with simple and proven techniques that get results.

This is the book trainers, supplement companies, and fitness bloggers don't want you to hear. Everything from diet, exercise, muscle building, fat loss, and body re-composition is covered in a simple, actionable way.

So listen to *Build Your Dream Body* now and stop getting misinformation. Don't let the fitness industry screw you. Buy the audiobook and get the simple proven techniques that work.

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Jonathan Bean:

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Henrietta Belcher:

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