



Three Simple Steps to Flatten Your Belly: A Trio of Methods for Men and Women of Virtually Any Age ...

Chet Cunningham

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As we reach middle age, our stomach muscles tend to sag and weaken due to inactivity. Additionally, weight tends to concentrate on the mid-section. While there are many stomach exercise programs, incredibly many of these same programs increase stomach size rather than flattening the belly.

This book provides a proven, effective, easy-to-do three step program. Using illustrations and humor, this book helps adults look and feel better in as little as two weeks.

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