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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



Synopsis

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.

Book Information

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Customer Reviews

This is the book I've been waiting for. I've slowly (through much trial and error) discovered what works for me through years and years of lifting! And then I started to slowly change my workouts for various reasons. And again, my workouts that I've come up with are really similar to what he's

teaching in his new book here. I have been working at this body building thing seriously now for about 18 months, studying all the B.S. on the internet getting totally confused and spending hard earned dollars on supplements that I thought were right for me, I took all I learned and used my common sense as best I could with slow hard earned results, then I found Peter's Book and it totally changed the way I am doing things, The low cost of the book is also a plus, definitely worth buying!!!

The title gave me the impression that this is going to be something like those spam adverts that flood the internet. Thank God I still decided to read the book, otherwise I would've missed out on some very useful tips on shaping up my body. Starting from a wholesome dietary plan to outlining optimum workout routines "Build Your Dream Body" has it all. Myths have been shattered with confidence, and with emphasis on medically proven facts. For all fitness freaks, this book is a must-have. All said and done, it's my opinion that there should've been a section detailing the ill effects of steroidal drugs. This would've made the book a naysayer's absolute envy.

Thank goodness! A sensible, truth-telling book about smart dietary practices and realistic exercise prescriptions. A very good book that debunks a lot of the myths that pervade the fitness world. As a 22-year veteran of the fitness and nutrition fields, I can fully support the material in this book -- and I can hardly ever say that! - Dan DeFigio, author of *Beating Sugar Addiction For Dummies* and *Beyond Smoothies - Whey protein recipes*

Nice and quick read on ways to stimulate your testosterone. No sales tricks or other gimmicks ... just straight forward instruction on ways to boost your T. A good afternoon read and you'll be off to the races. The author also provides free access to other titles in his collection.

Awesome, no-bullsh*t guide on how to make your efforts in fitness and health count. I've read a lot about the subject so I already knew some things and everything the author shares is of top-notch accuracy. Apply and you'll see results. Simple as that.

Peter Paulson delivers solid no-fluff information to building a dream body. He starts by busting many myths surrounding losing weight and dieting as well as training and body building. There is also an interesting list of common mistakes for both dieting and body building. The author continues with diet and fat loss techniques that get results covering proteins, spices, carbs as well as how to structure your meals, and more. Now that you have your diet straightened up, time for the muscle

building with techniques that get results which covers sleep, how to add muscles, what exercises to do, cardio workout, and more. Overall, the book is well written and an easy reading with no BS that will get you on your way to getting the body you desire.

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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 LEAN: Lean Tools - 5S (Lean, Lean Manufacturing, Lean Six Sigma, Lean 5S, Lean StartUp, Lean Enterprise) (LEAN BIBLE Book 3) Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making: Build Healthy Muscle Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong: (The Build Muscle, Get Lean, and Stay Healthy Series) Lean Six Sigma: and Lean QuickStart Guides - Lean Six Sigma QuickStart Guide and Lean QuickStart Guide (Lean Six Sigma For Service, Lean Manufacturing) LEAN: Lean Bible - Six Sigma & 5S - 3 Manuscripts + 1 BONUS BOOK (Lean Thinking, Lean Production, Lean Manufacturing, Lean Startup, Kaizen) Lean: QuickStart Guide - The Simplified Beginner's Guide To Lean (Lean, Lean Manufacturing, Lean Six Sigma, Lean Enterprise) Keto Bodybuilding: Build Lean Muscle and Burn Fat at the Same Time by Eating a Low Carb Ketogenic Bodybuilding Diet and Get the Physique of a Greek God Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) Nora Roberts Dream Trilogy CD Collection: Daring to Dream, Holding the Dream, Finding the Dream (Dream Series) Burn the Fat, Feed the Muscle: Transform Your Body Forever Using the Secrets of the Leanest People in the World Barre Fitness: Barre Exercises You Can Do Anywhere for Flexibility, Core Strength, and a Lean Body Business Negotiation: 20 Steps To Negotiate With Results, Making Deals, Negotiation Strategies, Get What You Want, When You Want It, Achieve Brilliant Results, Negotiation Genius, Leadership THE COLD CALLING SECRET: Discover the NEW ground-breaking cold calling techniques that get results! Readable on Kindle, PC, Mac or iPad Daniels and Worthington's Muscle Testing: Techniques of Manual Examination and Performance Testing, 9e (Daniels & Worthington's Muscle Testing (Hislop)) ROAR: How to Match Your Food and Fitness to Your Unique Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life Menopause Reset!: Reverse Weight Gain, Speed Fat Loss, and Get Your Body Back in 3 Simple Steps Cardio Sucks: The Simple Science of Losing Fat Fast...Not Muscle Man 2.0 Engineering the Alpha: A Real World Guide to an Unreal Life: Build More Muscle. Burn More Fat. Have More Sex. Eat Fat Get Thin: Your Ketogenic Diet Guide To Rapid Weight Loss (with Over 350+ of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded Living)

