



The Bottom Line of Fat Loss

By Mr Ross Eathorne

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The Bottom Line of Fat Loss is based on real conversations with real people on the gym floor. This holistic fat loss book is for people who have more than 5kg or 10 pounds to lose and are not chasing a quick fix programme. The basic premise is taking responsibility for your lifestyle, mental attitude, food and exercise. If you want sustainable fat loss with no gimmicks this is the book for you.

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Editorial Review

About the Author

Ross Eathorne is a Holistic Personal Trainer with over 23 years and 20 000 personal training sessions that cover a wide range of people. In any one day he can coach people in fat loss, sports performance, lecture groups in stress reduction and sports psychology and supervise the conditioning of elite athletes. Ross is a CHEK Practitioner level IV, a TRX Senior Master Instructor and a Master Trainee for Life Fitness. Ross's background is in competitive Gymnastics, Rugby, Triathlons, Ultra marathons and Dragon boating.

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