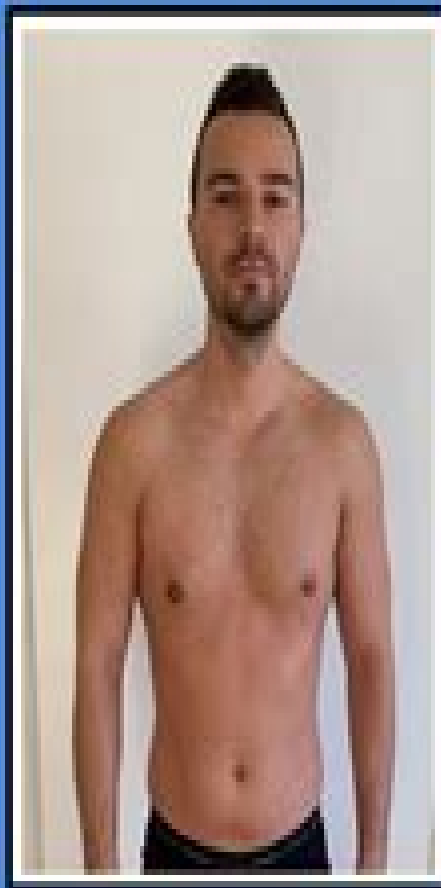


# HOW I TRANSFORMED FROM **Skinny Fat to Fit**



# New Fit Or Fat

**J. Ron Eaker**



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