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In Feed Your mind Lose Your abdominal, he finds how "sticky" fats cells ship combined messages in your mind, inflicting you to adventure chronic starvation, to overeat, and to achieve weight as a result.

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Feed Your Brain, Lose Your Belly By Larry McCleary

Receiving a gold medal for the Most Progressive Health Book, Feed Your Brain, Lose Your Belly was recognized as one of the 2012 Outstanding Books of the Year, which the IPPY judges determined to be the best among the unique and experimental submissions they received.

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