



Stubborn Fat Gone!™: Discover Think Fit™ to Turn Off Stress and Lose 1.5 lbs. Every Day

Jorge Cruise

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With this simple 12-week plan, celebrity fitness trainer **Jorge Cruise** reveals, for the first time, the breakthrough science that finally addresses the hidden component affecting your weight: the stress that activates your hormones and causes you to hold on to stubborn fat—especially belly fat. This program shows you how to turn off those stress hormones effortlessly. All you have to do is Think Fit™.

In this book, you will find Jorge's best recipes to accelerate your weight loss and help you lose up to 1.5 lbs. every day. He offers a daily guide with menu, inspirational support, and optional fat-burning exercises. Enjoy muffins, pancakes, bread, fried chicken, and even wine . . . without the guilt!

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