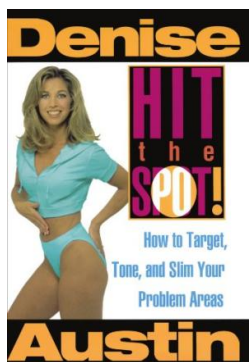


## Hit the Spot: How to Target, Tone, and Slim Your Problem Areas



### Book Review

Extensive guideline! Its such a great go through. It is definitely basic but surprises in the 50 % of the pdf. It is extremely difficult to leave it before concluding, once you begin to read the book.

**(Fernando Hahn)**

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