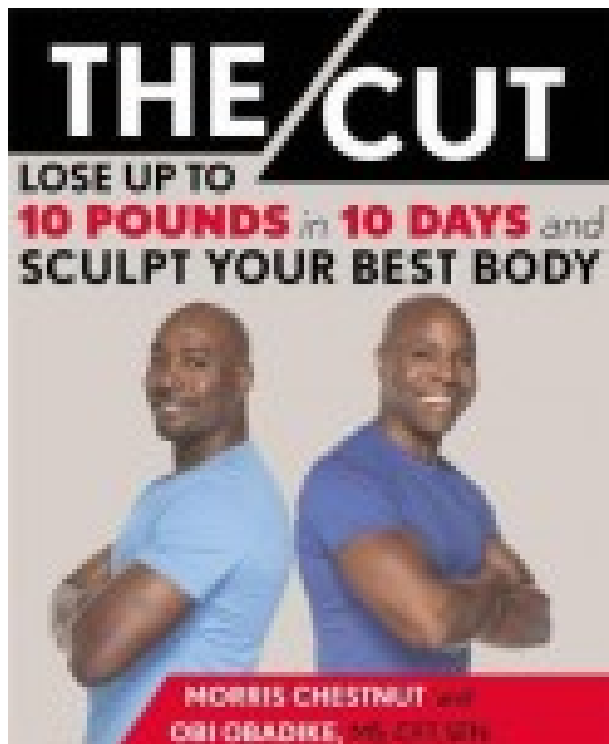


The Cut



Sprak:	Engelsk
Kategori:	E-bøker
Forfatter:	Morris Chestnut og Obi Obadike
Antall sider:	240
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[The Cut.epub](#)

When Morris Chestnut hit the media circuit to promote his latest blockbuster movie *The Best Man Holiday*, hosts and producers didn't want to hear about the movie as much as they wanted to talk about his incredible transformation into a buff, Hollywood sex symbol. The truth is that not long before shooting that film, Morris was in the worst shape of his life--30 pounds heavier than he should have been, avoiding the gym, and frequenting the drive-through. He turned to celebrity trainer Obi Obadike to help him turn things around in time for the movie, and the results were astounding. Morris went from 220-pounds to a ripped 187-pounds in just 12 weeks, and audiences haven't stopped raving about his new look--or asking how he achieved it! Now Morris and Obi are teaming up to share this groundbreaking and accessible program with fans nationwide. Backed by the latest cutting-edge nutrition science and featuring Obi's trademark fat-burning exercise program, *THE CUT* is designed to help readers drop pounds quickly - up to 10 pounds in 10 days and 40 pounds in 12 weeks- without stalling on the scale.

Featuring Morris's personal exercise and diet plan as well as success stories from dozens of everyday people who have lost weight and kept it off, this book is a life-changer that will help readers reclaim their bodies and their lives, for good.

Hos Cut frisør i Heggedal får du personlig oppfølging hver gang, enten det er brudestyling eller en vanlig herre, dame eller barneklipp! Spill de beste Cut the Rope spill online på SpilleSpill. Du vil finne den største samlingen av gratis Cut the Rope-spill på denne nettsiden for hele familien. cut-e is the world leader in design and implementation of online tests and questionnaires for use in recruitment, selection and development of personnel. Crew Cut er en liten frisørsalong på Sinsenterrassen 2 i Oslo.

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