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and Wealth 3. 2 The You Are What
You Think Habit 14. 3 The 3D Habit

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32. 4 The In and Out Habit 43. 5 The Sustainable Lifestyle Habit 52. Part 2 Apply the Four Lean Body, Fat Wallet Habits. 6 Balanced Bodies and Budgets 79. 7 Fat Cells and Fat Sales 106

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Lean Body, Fat Wallet - Heroes at Home

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and Danna Demetre is not another diet book. In fact, it really isn't a book on saving money. The book goes much deeper to the issue of habits. Yes, of course the book talks about how to lose weight and how to save money, but it teaches you how to do so through establishing four key habits.

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simple lifestyle changes. Kay is a
financial expert, author, and

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International speaker, and Demetre is an inspirational speaker and author. Their joint endeavor aims to teach you how to live a healthier life, physically and financially.

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Her most recent books are Lean Body, Fat Wallet, The Sixty Minute Money Workout, Living Rich for Less. Her book Heroes at Home has touched the lives of nearly 100,000 military families. Ellie is also an adventure seeker and enjoys riding in an F-15E Strike Eagle fighter jet, skydiving,

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body is good for the wallet. Danna, is a popular Christian speaker and co-author with Ellie Kay of the new book, Lean Body, Fat Wallet. In today's Gab with the Gurus Show with Danna Demetre, you will discover: How you can practice four simple...

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