



# SPEED: A Complete How-to Manual for Quick & Permanent Fat Loss

By Jeff Thiboutot M.S./C.N, Matt Schoeneberger M.S./C.E.S.

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Jeff Thiboutot M.S./C.N, Matt Schoeneberger M.S./C.E.S.

S.P.E.E.D. which stands for Sleep, Psychology, Environment, Exercise, Diet, is the comprehensive approach based on the Bio-Psycho-Social Model. What all that really means is that this book digs deep into how to reduce your body-fat and finally debunking some of the common weight loss myths. Jeff and Matt cover why proper sleep is vital to weight loss, why your mindset matters the most, why exercise is overrated and much more.

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