



Fat Into the Fire

By David, P. Morrow

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Editorial Review

Review

See the soft copy version for reviews and to see inside excerpts of the book. --David P. Morrow

About the Author

David P. Morrow, who has a degree and background in Physiology, has studied these subjects all his life. He has spent several years in competitive bodybuilding and power lifting. He has served as a personal trainer and fitness instructor to high-profile customers and also as a nutrition and diet consultant. He has devoted over twenty years to studying and testing nutrition, diets, exercise, supplements, sports psychology and overall wellness. It was his personal quest to find the BEST methods related to achieving excellent fitness, energy, great health, and overall wellness. Throughout those years of intense research, he discovered amazing breakthroughs in fitness, and maximizing metabolism. He also discovered why many people have been unable to achieve weight loss and diet goals. He calls these discoveries, 'The Missing Links'. He explains in his book, Fat Into The Fire, these missing links to achieving your goals. He founded the non-profit organization, Americas Personal Trainer in an effort to educate all ages on proper nutrition and fitness. Morrow is also the author of the Fat Into The Fire Journal, and The FIF (Fat Into The Fire) Cookbook For All Seasons. Morrow has also put together Fat Into The Fire workouts on DVD and a Missing Links audio CD.

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