



Slow Burn: Burn Fat Faster By Exercising Slower

Stu Mittleman, Katherine Callan

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Change your workout, change your life

In *Slow Burn*, endurance master Stu Mittleman delivers a program for creating energy and increasing endurance so you can go the distance and feel great doing it every day, week, and year.

Think Stu shares his proven formula for breaking down seemingly insurmountable goals into a series of manageable tasks.

Train Learn to understand your body's signals and refocus your training so that the movement -- not the outcome -- is the reward.

Eat Stu teaches you how to make nutritional choices that leave you energized -- not exhausted -- all day long.

You really can accomplish more -- with less effort -- than you ever imagined. All you have to do is change your focus and you'll change your life. Let *Slow Burn* show you how to enjoy the journey and achieve the results.

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