

# **The Truth About Six Pack Abs Mike Geary**

**The Truth About Six Pack Abs Mike Geary** - Inside this e-book, you're going to find various powerful strategies to make your training and nutrition program more exciting and result producing. By: Mike Geary, Certified Nutrition Specialist and Dr. Richard Cohen, M.D. April 15, 2019 It never used to be like this... Men were men. Women were women. Imagine making \$1 million a month on an eBook. That's exactly what Michael Geary did with his Truth About Six Pack Abs. Cinnamon: How can this simple spice help you FIGHT stubborn belly fat & CONTROL your blood sugars? A simple, scientifically proven trick to not only fight belly fat ...