



Body Confidence: Venice Nutrition's 3-Step System That Unlocks Your Body's Full Potential

Mark Macdonald

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Say goodbye to feeling disappointed with your body—*Body Confidence* is the highly anticipated fitness book from world-renowned Venice Nutrition Program founder Mark Macdonald. Macdonald's targeted series of diet and fitness strategies are proven to burn body fat, boost energy levels, increase muscle mass, and eliminate sugar cravings for a better looking, better feeling body today. Providing a step up to holistic body care for fans of Tosca Reno's *Eat-Clean Diet* or Jorge Cruise's *Belly Fat Cure*, and an excellent companion to Cynthia Sass's *Cinch!*, the Venice Nutrition Program's innovative fitness plan focuses on blood sugar stabilization and a complementary program of exercise, sleep, and stress management. A foreword by bestselling author Chelsea Handler will let you know why *Body Confidence* is your next step to a healthier, happier tomorrow.

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