



# **FITNESS CONFIDENTIAL: Adventures in the Weight-Loss Game**

*Vinnie Tortorich, Dean Lorey*

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# FITNESS CONFIDENTIAL: Adventures in the Weight-Loss Game

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“I love this book! Read it and you’ll see why Vinnie’s the guy that trains me. He’ll make you laugh, get you in the best shape of your life and inspire you with his incredible but true story.”

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America’s Angriest Trainer, Vinnie Tortorich, exposes the nasty underbelly of the fitness industry while getting you into the best shape of your life. For over 20 years, Vinnie has been Hollywood’s go-to guy for celebrities and athletes looking to get fit fast. Now, in this hilarious and often r-rated memoir, he holds nothing back. What’s the best piece of fitness equipment money can buy? What’s the fastest way to lose weight: diet or exercise? Why are health clubs worse than used car lots? In **FITNESS CONFIDENTIAL**, Vinnie tells all. So get ready to get fit, get inspired and get the dirt with Hollywood’s most outrageous personal trainer!

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