

# **The Slow Burn At Home 30 Minute A Week Workout [Kindle Edition With Audio/Video] By Fred Hahn;Mary Dan Eades;Michael R. Eades**

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Singer/Songwriter- Tom Turner and his band, Slow Burn have put together this self-titled debut album featuring nine original songs penned by Tom Turner, one by son  
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The Slow Burn Fitness Revolution: The Slow Motion Exercise That Will Change Your Body in 30 Minutes a Week: Fredrick Hahn, Mary Dan Eades, Michael R. Eades  
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both of the coauthors joined us on "Ask The Low-Carb Experts" this week for a Q&A session Dr. Mike Eades and Gary Taubes by Fred Hahn s Slow Burn and  
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