



Live Longer, Feel Better, and Look Great Naked!

Russ Yeager

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Live Longer, Feel Better, and Look Great Naked! Russ Yeager

Have ever wondered what it really takes to look and feel 10 years younger than your actual age? To have abundant energy so you can enjoy life to the max? And to feel proud and confident instead of embarrassed during those intimate times with your special someone? In "Live Longer, Feel Better, and Look Great Naked!" Physique Transformation Specialist, Russ Yeager, shares his top secrets to having the body, health, and energy you want and deserve. Russ wasn't always fit and healthy though. He grew up a chubby kid wearing the "husky" pants, but always looking for answers. Discovering how to have a lean, fit, healthy physique, abundant energy, and still have a real life became an obsession for Russ! After 22 years of research, trial and error, and real life experience, Russ has finally found what he feels is the "secret formula" to having the body, health, and energy we all want, and now he's sharing his secrets with the world!

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