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Will Flatten Your Belly, Sharpen Your Mind, And Keep You
Healthy And Happy For Life!**

By Bill Phillips

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About The Author | The Better Man Project -

My blog is called The Better Man Project and is focused around my journey towards becoming a better man and the lessons I learn along the way.

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The Better Man Project is a look at my daily journey towards becoming a better man, as well as a glimpse into the valuable lessons I learn along the way.

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This channel is all about going through the every day and the things that I learn as I am on my journey to become a better man. The Better Man Project uploaded

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