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Six Pack Sixties: Getting Six Pack Abs In Your Sixties



Synopsis

Are you an aging adult male living in a western or developed society? Are you feeling stomped on, worked over, stretched out to the limit emotionally, financially, physically? Well, I am here to tell you that you that you have every right to feel that way. You are being stomped on, burnt out, over used and abused. It will get worse. You are JUST getting started with this aging crap and the world shows no sign of being calmer going forward for a few decades, so now is the time to take stock of the situation and get your priorities straight. We all need to obtain good guidance for the long haul because haul yourself through time it is, and all of it feels uphill. Does it have to be that way?

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