

Forum:[Hack Forums](#)

Thread: [\[FREE\]\[E-Book\] Thermogenic Fat Burning \[ALL MEMBERS!!!\]](#)

Alf Stewart - December 9, 2011, 3:07 pm

Giving Away my latest E-Book on Thermogenic Foods, which help burn fat by increasing your metabolic rate, great for losing weight or extreme dieting etc.

This is for ALL MEMBERS NOW!!

HOW TO GET;
POST HERE AND THEN SEND ME A PM

IT'S A DIRECT LINK, NO SURVEYS, NO MESSING AROUND.

Black Diamond - December 9, 2011, 5:03 pm

Very interesting E-Book, good read, check this out erbody!

Alf Stewart - December 9, 2011, 5:37 pm

(Dec 9, 2011 06:03 PM)Boosh Wrote: [\[CITE\]](#) Very interesting E-Book, good read, check this out erbody!thanks bro put alot of time into it :)

Hound - December 9, 2011, 5:58 pm

Weird, i would like to read this.

Hopefully, it isn't just water. -__-

Alf Stewart - December 9, 2011, 6:02 pm

(Dec 9, 2011 06:58 PM)The Don. Wrote: [\[CITE\]](#) Weird, i would like to read this.

Hopefully, it isn't just water. -__-It's not man :) DW about PM'ing me I'll send you now dude

Hound - December 9, 2011, 6:07 pm

Really awesome eBook, going to try this out later on this week.

Thanks EXE1337!

Alf Stewart - December 9, 2011, 6:08 pm

(Dec 9, 2011 07:07 PM)The Don. Wrote: [\[CITE\]](#) Really awesome eBook, going to try this out later on this week.

Thanks EXE1337!

No problem dude :) just trying to give something back to HF, first thing I've contributed :D

frostbite - December 9, 2011, 6:09 pm

I would like this e-book please, thank you! :)

Addition - December 9, 2011, 6:10 pm

Could you PM me this? I can't PM for some reason.

Alf Stewart - December 9, 2011, 6:11 pm

Pmed to everyone above ^^ thanks for taking the time to check it out :D

Sheldor of Azeroth - December 9, 2011, 8:09 pm

Bump this up, is legit and needs to be read >: O

David_z1 - December 9, 2011, 8:29 pm

Hi.. I would like to read this E-Book.. PMed you now.

Alf Stewart - December 10, 2011, 3:05 am

Thanks for the feedback guys, glad my first contribution to HF was a good one :D
What did everyone think of the EBook, was it helpfull?

OnkUnit - December 10, 2011, 12:44 pm

can i grab this please, thanks a lot happy x masss!

Alf Stewart - December 10, 2011, 2:49 pm

Sent to all of you, now giving to everyone as its Christmas soon :D

Rawbertd - December 17, 2011, 1:45 pm

If its not to much trouble I would like to receive a copy, thanks..

Alf Stewart - December 17, 2011, 2:06 pm

Sent to you :) spread the word mate, made this E-Book, would be nice if some people read it haha :D

Slobbnocker - December 17, 2011, 2:42 pm

This seems pretty interesting would love to give it a read. Thanks in advance =D

Alf Stewart - December 17, 2011, 2:54 pm

Sent too the above :) thank you for showing interest guys!

Dopx - December 17, 2011, 3:48 pm

Can I get this ebook? :D

Thanks! :3

Alf Stewart - December 17, 2011, 3:54 pm

Should of PM'd me but I'll pm you and send you it now :) thanks for showing interest.

??? - December 17, 2011, 4:11 pm

May I please get this? Thanks in advance.

Alf Stewart - December 17, 2011, 4:28 pm

Sent too all of the above, some feedback would be great;

My SE'ing E-Book is now on sale aswell: <https://hackforums.net/showthread.php?tid=2021321>

17 Pages, tons of methods! all unknown and un-saturated!

An3lka400 - December 17, 2011, 5:38 pm

i would be glad to have one thanks in advance :)

Penis. - December 17, 2011, 5:39 pm

http://www.burnthefat.com/fat_burning_foods.html

Save yourself the trouble.

Chancelor - December 17, 2011, 5:40 pm

Im a wrestler and I need this ebook.

Dblock150 - December 18, 2011, 7:56 pm

Could you send me the link for your ebook

iLL GoBlIN - December 18, 2011, 8:16 pm

can i get this ebook pming you noww

Lemur - December 18, 2011, 10:41 pm

????????????????????

I WOULD ? A COPY

????????????????????

--

Alf Stewart - December 18, 2011, 10:58 pm

(Dec 18, 2011 11:41 PM)iNIKE Wrote: [\[CITE\]](#) ??????????????????????

I WOULD ? A COPY

????????????????????

--

Please allow the Private Messaging feature in your USER CP.

Omur - December 19, 2011, 12:21 am

Hey, are you still giving this out? I want to do this for the next two weeks. :) Gonna PM you now.

Alf Stewart - December 21, 2011, 4:07 pm

(Dec 19, 2011 01:21 AM)-=Hollywood Undead=- Wrote: [\[CITE\]](#) Hey, are you still giving this out? I want to do this for the next two weeks. :) Gonna PM you now.

Yes, I am still doing this, not sure if you PM'ed me or not haha.

Grimro - December 22, 2011, 4:49 pm

Sweet baby jesus! I would love a copy. Thanks for giving this away.

jibgilmon - December 22, 2011, 5:59 pm

I would really enjoy a copy of this :D

Magicpacket - December 23, 2011, 3:24 pm

Hey ide like a copy of this dude i could use it to tone up a bit aha ;p

Alf Stewart - December 23, 2011, 3:34 pm

Pmed to all who have requested it!

This is still available.

Impulse - December 23, 2011, 4:14 pm

i would love to get this book aswel:)

pming you

Burn™ - December 23, 2011, 4:18 pm

Wow this could make me not gain weight.

I don't wanna be fat D:

Im Slim now.. and i don't wanna be fat xD

Can you pm me it?

Ill take a look at it. Thank you.

Sindrello - December 23, 2011, 4:34 pm

Pming you now , sounds cool and helpful!

Seabs - December 24, 2011, 3:21 am

I'll take a look i'm always looks for new ways to aid cutting.

kevkillla - December 24, 2011, 11:07 am

Hey Exe1337,can you send me this?

-I need to shed a couple of pounds

Seabs - December 25, 2011, 12:03 am

Really good book with a simple lay out and a few example meals.

WussMon - December 25, 2011, 12:22 am

Hey, i would like one of these books! thanks in advance

Alf Stewart - December 25, 2011, 4:59 am

Sent to all of the above, thank you for showing interest guys!

fatalpophero - December 25, 2011, 10:52 am

Seems interesting, I'd definitely like to take a look at the book.

Alf Stewart - December 25, 2011, 9:37 pm

Sent to all of the above, going to bed now so leave me a PM and i'll send it back to you guys in the morning!

Banana_ - December 26, 2011, 12:36 am

Fat kid here needs to loose some weight. Will be PMing you in a moment.