

From: Quora Digest <[redacted]>

To: jeevacation@gmail.com

Subject: I go to gym everyday and I follow good diet but I can't get rid of my tummy fat. It i...? - Quora

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Your Quora Digest

I go to gym everyday and I follow good diet but I can't get rid of my tummy fat. It is really so big and it really bothers me. What should I do?

Genevieve Malone, Founder, The Inertia Project (www-theinertiaproject-org) 266.6k views

I'd say to REALLY look at your diet. When I wanted to tighten up my stomach, I thought I had a good diet. I exercised more and more but didn't change my eating habits that ... Read More »

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Mehran Moalem, Engineering, Physics, Chemistry, Astronomy, and any other fun science 390.1k views

Very likely there is no sign of that flag. Tony Reichhardt in 2008 Smithsonian Air & Space Magazine wrote: The flag is probably gone. Buzz Aldrin saw it knocked over by the ... Read More »

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Thomas Friedman, NY Times columnist and Pulitzer Prize winning author 101.2k views

I never thought of myself as optimistic or pessimistic about the Arab Spring. I would count myself, though, as strongly HOPING it would succeed. For that I make no apology... Read More »

When the plane takes off, why doesn't the tail hit the runway?

Anas Maaz, Commercial Pilot (FATPL) 395.3k views

If you are fed up of being a pilot and want to get away from it in a very spectacular fashion, striking the tail on the runway will be a good way to do it. Many onlookers w... [The following text is a heavily garbled and mostly illegible version of the original content, appearing to be a corrupted or encoded version of the answer to the question about tail strikes.]







