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## SHAPE UP FOR SUMMER (PAPERBACK)



Cornerstone, United Kingdom, 1993. Paperback. Condition: New. Language: N/A. Brand New Book. Get into shape for summer with Rosemary Conley. This book includes a seven-day shape-up diet plan with lots of summer recipes and advice on what you need to know to stay in tip-top condition all summer long.

## Read PDF Shape Up for Summer (Paperback)

- Authored by Rosemary Conley
- Released at 1993



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