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Jorge Cruise Wikipedia

Jorge Cruise (born March 6, 1971 in Mexico City, Mexico) is the author of the five-book diet series on The New York Times bestseller list: The Belly Fat Cure (2010), Body at Home (2009), The 12-Second Sequence (2009), The 3-Hour Diet (2006), and 8 Minutes in the Morning (2002).[1]

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