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## NO MORE EXCUSES!: TAKE THE NEXT STEP TOWARDS HEALTHY LIVING (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Need more weight loss motivation? Just can't seem to get going? This book is about the many excuses that we sometimes give to avoid exercising and starting on our way towards a healthier lifestyle, ways to get around them, and get moving on your journey. Healthy living is something we all should keep at the forefront of our...

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- Authored by Deitra M Davis
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