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WOMEN'S HEALTH DIET: 27 DAYS TO SCULPTED ABS, HOTTER CURVES & MIND-BLOWING SEX!



Rodale Incorporated. Hardback. Book Condition: new. BRAND NEW, Women's Health Diet: 27 Days to Sculpted Abs, Hotter Curves & Mind-blowing Sex!, Stephen Perrine, Inside every woman's body, there's a battle going on: a battle between lean, toned muscle and soft, flabby fat. Now, the experts at Women's Health give readers the final word on winning that battle and staying fit and trim for life. They've boiled down the most authoritative health, fitness, and nutrition advice into one simple, effective, life-altering...

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- Authored by Stephen Perrine
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