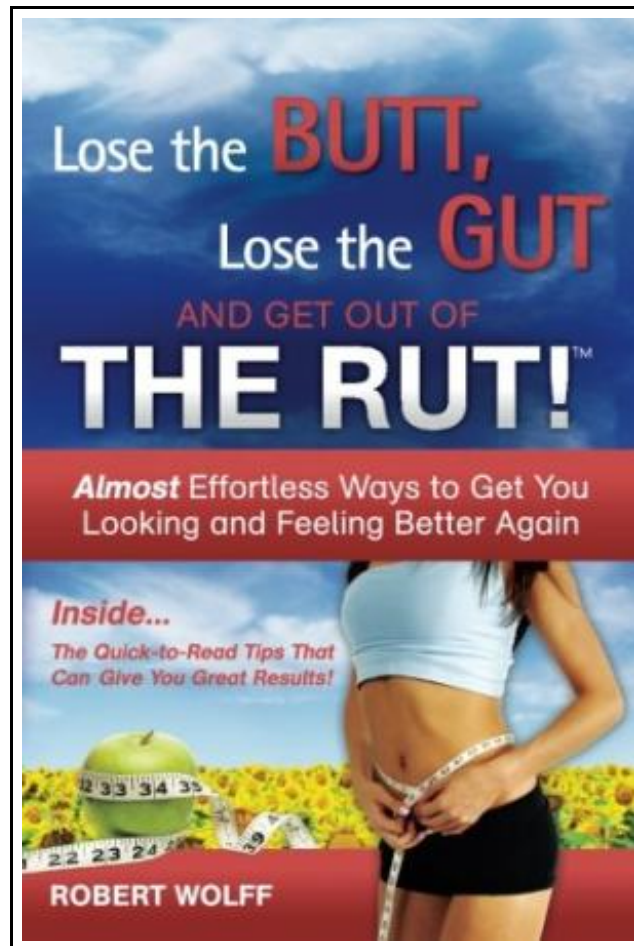


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Creative Syndicate, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Inside. The Quick-to-Read Tips That Can Give You Big Results! LOSE THE BUTT, LOSE THE GUT AND GET OUT OF THE RUT! Almost Effortless Ways to Get You Looking and Feeling Better Again In this crazy non-stop, on-the-go world, it s little wonder why so many of us have so little time to take better care of ourselves. Then when we do, we overdo it. And if we don t, we end up feeling guilty about not doing enough of the things we keep telling ourselves we should. Enough already! It s time for something different, something fresh and something so simple to add to your life, that it s going to feel almost effortless. It s time for Lose the Butt, Lose the Gut and Get Out of the Rut! What you re about to discover are the weekly tips-those small little things that can only take seconds-that have the power to make profound changes in how you look and feel. Now imagine a full year-yes, 52 weeks-of brand new weekly motivational, exercise and nutrition tips, giving you a complete year s guide for simple, easy changes you ll see and feel beginning the first week. Best of all, each of the book s tips has been carefully selected to fit easily in your lifestyle, regardless of the time you have or your experience level. As a bonus to the book s Weekly Quick Tips, you ll also find a Weekly Guide that allows you to chart your progress each week. You ll find the power of such reinforcement-seeing and feeling firsthand, every week, how your life and body are changing-to be highly motivating as you...



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