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# 77 WAYS TO RESHAPE YOUR LIFE RAPIDLY GET THE BODY AND LIFE YOU ALWAYS THOUGHT YOU'D HAVE



Panoma Press Ltd. Paperback. Book Condition: New. Paperback. 154 pages. Dimensions: 7.8in. x 5.1in. x 0.3in. In this book, Jean-Pierre shows you how to make massive positive changes in your life. He believes that people will change their lives by reshaping their bodies and mindsets. The book focuses on providing you with three main benefits: changing your body (you will look dangerously in shape), addressing your mindset (you will definitely be more confident), motivating you to make and sustain the positive...

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- Authored by Jean-Pierre de Villiers
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