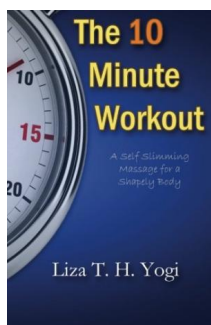


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THE 10 MINUTE WORKOUT A SELF SLIMMING MASSAGE FOR A SHAPELY BODY



Larry\Czerwonka#Company, The. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.5in. x 5.5in. x 0.1in. My name is Liza T. H. Yogi, a Realtor for over 20 years and a Producer of Musical and Artistic Events. After having given birth to three children, I developed layers of fat on my upper and lower abdomen like most mothers that I know. Since I was not one to go to the gym and exercise, I was overweight and lacked the shape and form...

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