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SHAPE UP FOR SUMMER (PAPERBACK)



Cornerstone, United Kingdom, 1993. Paperback. Condition: New. Language: N/A. Brand New Book. Get into shape for summer with Rosemary Conley. This book includes a seven-day shape-up diet plan with lots of summer recipes and advice on what you need to know to stay in tip-top condition all summer long.

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- Authored by Rosemary Conley
- Released at 1993



Filesize: 8.78 MB

Reviews

I just started off looking over this ebook. It is actually loaded with wisdom and knowledge. It's been developed in a remarkably simple way in fact it is simply after I finished reading through this book where basically modified me, modify the way I believe.

-- **Josie Koch IV**

Completely among the finest publication I have got possibly read through. It really is rally exciting through reading through period. You are going to like how the writer compose this publication.

-- **Modesta Stamm PhD**

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