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# THE LAZIEST WAY TO GET FIT AND STAY TRIM (PAPERBACK)



Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Designed for those who are sick of slipping back, there are no calorie tables here. This is for you. No matter what slimming course you are on, it shows you some very revealing facts, and how most people try too hard and get fed up. It is not a large, hard to read book, just an amazing guide packed with details that...

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- Authored by Roy Donovan
- Released at 2013



#### Reviews

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