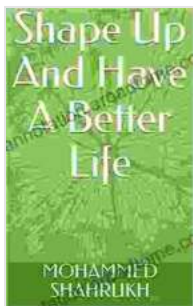


Shape Up and Have a Better Life: The Ultimate Guide to Transformation

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Shape Up And Have A Better Life by Daniel F. Austin

★★★★★ 5 out of 5

Language	: English
File size	: 1467 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 952 pages
Lending	: Enabled
Screen Reader	: Supported



- Lose weight and keep it off
- Get in shape and improve your fitness
- Eat a healthy diet that nourishes your body
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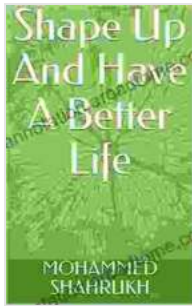


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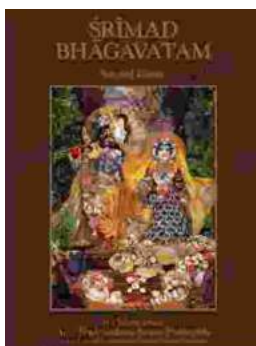


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