



Banish Your Belly, Butt and Thighs Forever!: The Real Woman's Guide to Body Shaping & Weight Loss

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Banish Your Belly, Butt and Thighs Forever!: The Real Woman's Guide to Body Shaping & Weight Loss Prevention Health Books for Women

For *real* women! No more fad diets, frantic gym visits, and fastidious calorie counting.

Here is the book that will show you how to lose weight and shape up and tone your trouble spot regardless of how hectic a life you lead. *Banish Your Belly, Butt, and Thighs Forever!* provides hundreds of ways for you to schedule in exercise painlessly, reduce the calorie content of your meals without giving up taste, and create healthier-- yet still realistic-- daily routines.

Invite simple strategies, small changes, and a firmer, fitter body into your future.

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