

BOB HARPER

#1 New York Times
bestselling author of
THE SKINNY RULES

with GREG CRITSER

A man with a short brown beard and mustache, smiling at the camera. He is wearing a black long-sleeved polo shirt. The background is a light blue gradient.

JUMPSTART TO SKINNY

The Simple, 3-Week Plan for
Supercharged Weight Loss

Jumpstart To Skinny Bob Harper

Bob Harper, Greg Critser



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