

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

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Supercharged Weight Loss

Jumpstart To Skinny

Michael Seilmaier



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