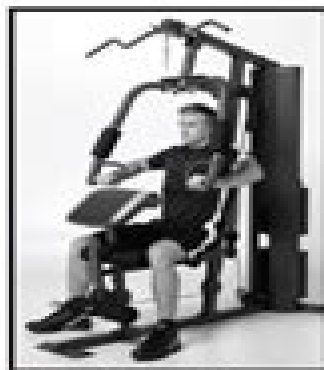




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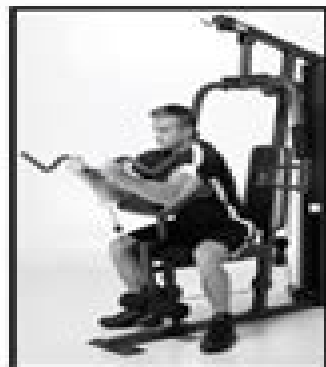
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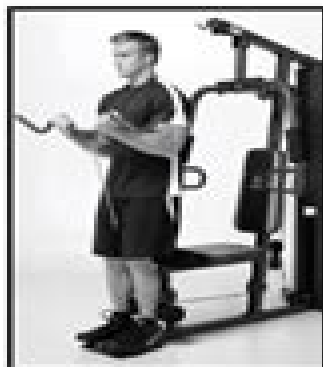
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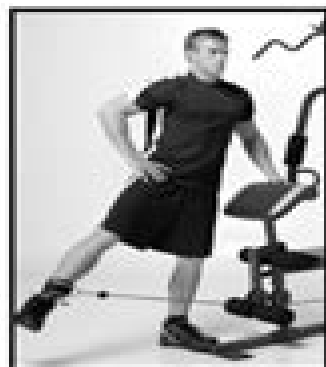
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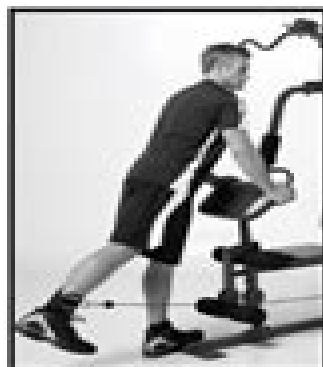
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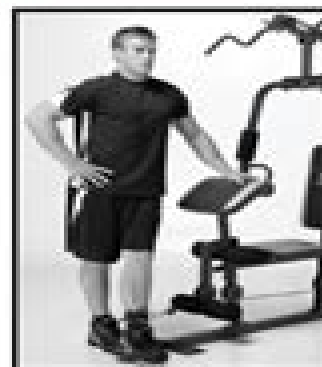
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The Rapid Fat Loss Handbook Lyle McDonald, 2005

The Emotional Eater's Repair Manual Julie M. Simon, 2012 Supports readers in reaching a healthy weight and addresses emotional eating with diet and nutrition advice self care techniques and exercises drawn from cognitive therapy

The United States Catalog, 1913

Marty Liquori's Home Gym Workout Marty Liquori, Gerald Secor Couzens, 1986

The Owner's Manual for Health and Fitness Vol 1 George Dorsey, 2016-03 This step by step manual was developed to help people from all walks of life to achieve their health and fitness goals Millions of people all over the world continue to suffer from preventable diseases such as hypertension diabetes and cardiovascular disease Many suffering from these diseases experience increased healthcare cost lowered quality of life shorter life expectancy and many other ill effects of poor health This book is aimed at arming people with the information that they need to reduce their risk of suffering from these debilitating diseases Professional athlete Health and Fitness

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