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# THE EXHILARATE 10-STEPS TO A HEALTHIER AND HAPPIER YOU (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Ten commonsense steps to a healthier and happier you by a real person who has been there. Lara is a real person who finally, after 20 years of yo-yo dieting and not taking care of herself, got healthy. And in the process, got happy. She believes in real food and real exercise; everything in moderation; the 80/20 rule; and...

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- Authored by Lara Foldvari
- Released at 2013



Filesize: 7.28 MB

## Reviews

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