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100 STEPS TO A LEAN BODY (PAPERBACK)



Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.While the main focus of 100 Steps to a Lean Body is placed on switching from a diet based on industrially processed food to one that consists of real food, such a change alone does not produce the degree of success that the book is suggesting. In addition to dietary changes the steps include a series of supplements...

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- Authored by Katarina Nolte
- Released at 2013



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