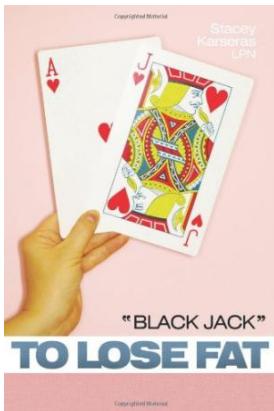


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BLACK JACK TO LOSE FAT



WestBow Press A Division of Thomas Nelson. Paperback. Book Condition: New. Paperback. 104 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Are you tired of wasting money on diets and diet gimmicks, or are you just tired of being tired? This guide is filled with information about health and fitness, including how nourishment choices fuel the body and how healthy nourishment choices in combination with consistent resistance training may decrease the risk of health problems. Black Jack to Lose Fat has twenty-one...

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- Authored by Stacey Karseras LPN
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