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# TODAY S THE DAY: SEVEN WEEK FITNESS PLAN



Createspace, United States, 2010. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Today s the Day is a blueprint for overall heath and fitness - spirit, soul and body. The meal plan, recipes and nutritional portion will help you lose weight, but it doesn t end there. While some diets touch on the importance of right thinking, Today s the Day addresses spirit and soul issues as well. These...

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- Authored by Ann Musico
- Released at 2010



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