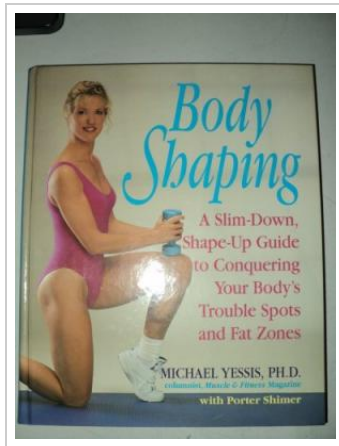




Body Shaping: A Slim-Down, Shape-up Guide to Conquering Your Body's Trouble Spots

By Michael Yessis

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