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7 DAY BOMB: DROP 7 POUNDS IN 7 DAYS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This Time Next Week You Can Be 7 Pound Lighter. DAMAGE CONTROL The 7 Day Bomb was created by husband and wife team Scott and Naomi Barlow, as a weight loss hack that they could do 7 days before a social event where they knew they were going to be naughty and gain a few pounds. Using the 7 Day...

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- Authored by Scott Simon Barlow, Naomi Hannah Barlow
- Released at 2013



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