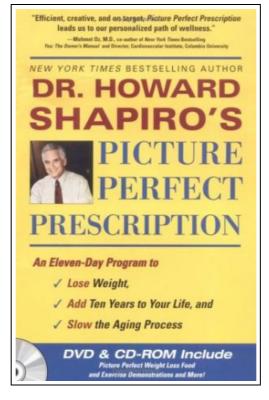
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Reviews

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(Prof. Maya Hand)

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CHAMBERLAIN BROS, United States, 2005. Paperback. Book Condition: New. 223 x 102 mm. Language: English. Brand New Book. Feel younger, look younger, and create a new outlook on life! From the bestselling author of Dr. Shapiro s Picture Perfect Weight Loss 30 Day Plan comes an easy-to-use, innovative guide to better health for all. This revolutionary new lifestyle plan shows how anyone-from a fast-living twenty-something to an experienced sixty-five-year-old, from the couch potato to the active sportsman-can make basic, important changes to ensure a longer, happier life. Whether the goal is to shed those annoying extra ten pounds, feel sexier, or simply have more energy, this book will help. Dr. Shapiro s program illustrates how people who feel tired, depressed, and run down can make small adjustments to turn their lives around. Not a diet book or an overly aggressive exercise plan but an exciting, invigorating, and scientifically based foundation, Picture Perfect Prescription is the perfect choice, an easy four-point system to help anyone look younger, feel more vital, and create a whole new outlook on life.



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