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Ballet Beautiful (Paperback)

By Mary Helen Bowers

Ebury Publishing, United Kingdom, 2012. Paperback. Condition: New. Trade Paperback. Language: English . Brand New Book. Get the strong, toned and graceful figure of a dancer - without the rigorous training! Mary Helen Bowers has helped tone and sculpt the bodies of a whole host of celebrities, including Natalie Portman for her role in Black Swan, plus Liv Tyler, Zooey Deschanel and Helena Christensen. Now, in this fantastic fitness guide, she reveals her exercise, diet and lifestyle plan for transforming your whole body. - Achieve the long, toned and powerful body shape of a dancer - Target trouble areas, such as legs, bum and tummy - Get a dancer s beautiful posture and elegance - Lose weight and turn fat into muscle - Radically transform your physique - Noticeable results in just 14 days.

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