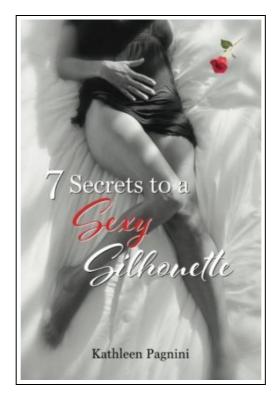
# 7 Secrets to a Sexy Silhouette: No Pills, Pads, Surgery, Kegels, or Crunches



Filesize: 8.81 MB

## Reviews

It in a of the best publication. It really is loaded with knowledge and wisdom You may like the way the blogger write this ebook. (Prof. Shannon Wehner PhD)

## 7 SECRETS TO A SEXY SILHOUETTE: NO PILLS, PADS, SURGERY, KEGELS, OR CRUNCHES



Kathleen Pagnini. Paperback. Condition: New. 74 pages. Dimensions: 9.0in. x 0.2in.NO PILLS, PADS, SURGERY, KEGELS, OR CRUNCHES! STOP THE MANIAC WORKOUTS! ITS TIME TO WORKOUT SMARTER NOT HARDER! I have received more helpful information from Kathleen Pagninis class on the pelvic floor than I did from all the medical providers (Internists, OBGYNs, Urogynecologists) in the last 4 years! Sherri, Author and Actress Did you know doing heavy workouts makes you bigger All these years youve been told things we now know are archaic ways of using your body to workout. As a 35-year Fitness and Pilates Expert, author Kathleen Pagnini was always looking for the shortest route to a wonderful shape and wonderful health. She had no clue it was inside her all along and inside of you! Youve been sabatoging your shape with your workouts without even knowing it. You have to stop working out and start working in to reclaim your hourglass shape, have better sex, a smaller waist, less leaking, and less back pain. Inside this book youll discover the reason you pee when you cough, have back pain, dysfunctional sex, and a thick waist and how to get in the best shape of your life. Are you ready to stop your maniac workouts and get the shape you desire You have never heard nor seen this vital information until now! With the secrets found only in this book, youll rediscover and reclaim your hourglass shape! Purchase this book now and start benefiting from this revolutionary program. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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