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THE PROGRAM: 21 DAYS TO A STRONGER, SLIMMER, SEXIER YOU



Hachette Books. Hardcover. Condition: New. 224 pages. From Jessie Pavelka, trainer on NBCs The Biggest Loser, comes THE PROGRAM, a practical guide for losing weight and living well based on four essential building blocks hes found to be key to lasting success. In THE PROGRAM, Jessie Pavelka details a comprehensive guide to total health through Movement, Food, Mind Power, and Connecting. He delivers high intensity interval training exercises that yield quick results; provides readers with flavorful recipes--using basic, commonly found...

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