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## ARE YOU A PHYSICAL WRECK OR A MENTAL WASHOUT? OR BOTH!: THE EASY WAY FOR YOU TO ACHIEVE A FIT AND STRESS-FREE LIFE NO MATTER HOW BUSY YOU ARE



Picture of Health Clubs (UK) Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. THE EASY WAY FOR YOU TO ACHIEVE A FIT AND STRESS-FREE LIFE NO MATTER HOW BUSY YOU ARE. Lol Cohen was once over weight, over stressed and over worked. He wanted to change all that but his hectic lifestyle could not give him the time and left him lacking the energy to attend...

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- · Authored by Lol Cohen, Kevin Murphy
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