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BODY REWIRED: GET YOUR A\$\$ OFF THE COUCH AND LET S MOVE! IT IS THE ONLY WAY TO REFINE YOUR LIFE AND YOUR BODY!.AND THEN SOME! (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you tired of screwing around and want to get your a\$\$ off the couch and in shape? Well you have come to the right place! In Body Rewired, we are going to start by rewiring your brain and then tell your body how to do it! This is a no-nonsense, easy read, straight forward guide to beginning your healthy life s journey...

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- Authored by Maria Paratore
- Released at 2015



Reviews

This book is definitely worth acquiring. It normally will not cost excessive. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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