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Firming Your Figure

Chao Zhang

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Playgirl ,1977-06 **Catalogue** Montgomery Ward,1964 **House & Garden** ,1976 **Diet & Exercise Guide**

Mary Milo,1972 **Life** Henry Robinson Luce,1954-07 [McCall's](#) ,1994 [Red Book](#) ,1975 The magazine for young adults varies **The New York Times Magazine** ,1975 **The Ladies' Home Journal** ,1953-05 [Health](#) ,1991

Montgomery Ward Montgomery Ward,1959 **The Guardian** ,1873 **TV Guide** ,2000 [10 Minute Total Shape-up](#)

Ann Dugan,1980 **The Gi Bikini Diet** Charles Clark,Maureen Clark,2010-08-31 Worried about how you will look in your bikini on holiday The GI Bikini Diet is an easy straightforward plan if you want to get your body back into tiptop shape for the beach the safe way Many people find that during the winter months they cover their bodies with layers of clothing and forget about how their bodies look underneath With a simple easy to follow weight loss plan that promises quick but safe weight loss this book will help you to give your body a pre holiday boost Includes Diet plans Low GI recipes Cellulite busting tips Quick and easy exercises Tips for eating out

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