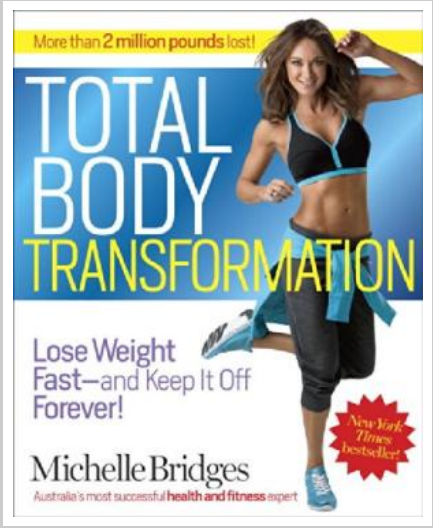

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Total Body Transformation: Lose Weight Fast - And Keep It Off Forever!

By Michelle Bridges

Bantam Doubleday Dell Publishing Group Inc, United States, 2014. Paperback. Book Condition: New. 229 x 185 mm. Language: English . Brand New Book. NEW YORK TIMES BESTSELLER Get ready for a Total Body Transformation! Meet Michelle Bridges, the straight-talking star trainer of Australia s The Biggest Loser and founder of Australia s #1 online weight-loss program. With her 12-Week Body Transformation, Michelle has inspired her countrymen and women to lose more than two million pounds. Now, in Total Body Transformation, she shares her unique exercise, nutrition, and mindset program, which will give you the power to transform your body in just 90 days. Her goal: To help you lose weight rapidly and keep it off for good. Join the hundreds of thousands of people who have already discovered the magic of her method and get the skinny on Diet: Michelle combines nutrition know-how with delicious, easy-to-make recipes and sensible meal plans--even pasta!--that minimize calories and maximize your eating pleasure. Enjoy Homemade Muesli with Yogurt, Salmon Steak with Arugula and Asparagus, Penne with Feta and Lemon, and more--along with healthy snacks to eat throughout the day. Workouts: The rubber meets the road with Michelle s series of killer workouts devised for...

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