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# HEALTHY HABITS: 21 EVENING HABITS THAT HELP YOU LOSE WEIGHT, LIVE HEALTHY SLEEP WELL



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From the Best Selling weight loss series, Healthy Habits, comes 21 Evening Habits That Help You Lose Weight, Live Healthy Sleep Well. This book will jump-start your weight loss, clear your mind, help you sleep better and improve your overall health! If you aren t losing those stubborn pounds. If you feel like you never...

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- Authored by Linda Westwood
- Released at 2015



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