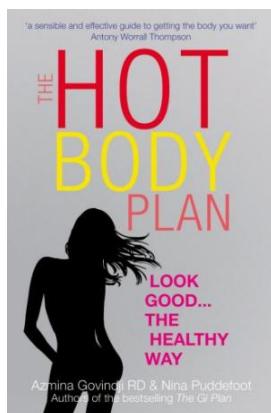


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## THE HOT BODY PLAN: LOOK GOOD.THE HEALTHY WAY



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Hot Body Plan: Look Good.the Healthy Way, Azmina Govindji, Nina Puddfoot, "The Hot Body Plan" is different because it's not a diet. It is not about avoiding foods, but about making choices. It's about equipping you with tools and swap lists so that you can choose the food or snack that's right for any occasion. This diet isn't about sitting at a party with a few carrot sticks on your plate,...

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- Authored by Azmina Govindji, Nina Puddfoot
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### Reviews

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