

30 Days to Get Back in Shape

Little Kick in the Butt

30 days
to get back in shape



Michelle Theall Author of Adventure

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Sometimes we need a kick in the butt. This little book will motivate you to start practicing healthy habits and to think more carefully about exercise on a daily basis. Armed with these simple instructions and inspiring anecdotes, you will find your fitness improving each day. This efficient guide is broken down into 30 chapters, and the pages are laid out in a concise, entertaining, and easy-to-read format. This is one of the first two books in the Little Kick in the Butt series, which focuses on timely topics for women of all ages. Other forthcoming titles include 30 Days to Relieving Stress and 30 Days to Eating Right.

作者介绍:

目录:

[30 Days to Get Back in Shape](#) [下载链接1](#)

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