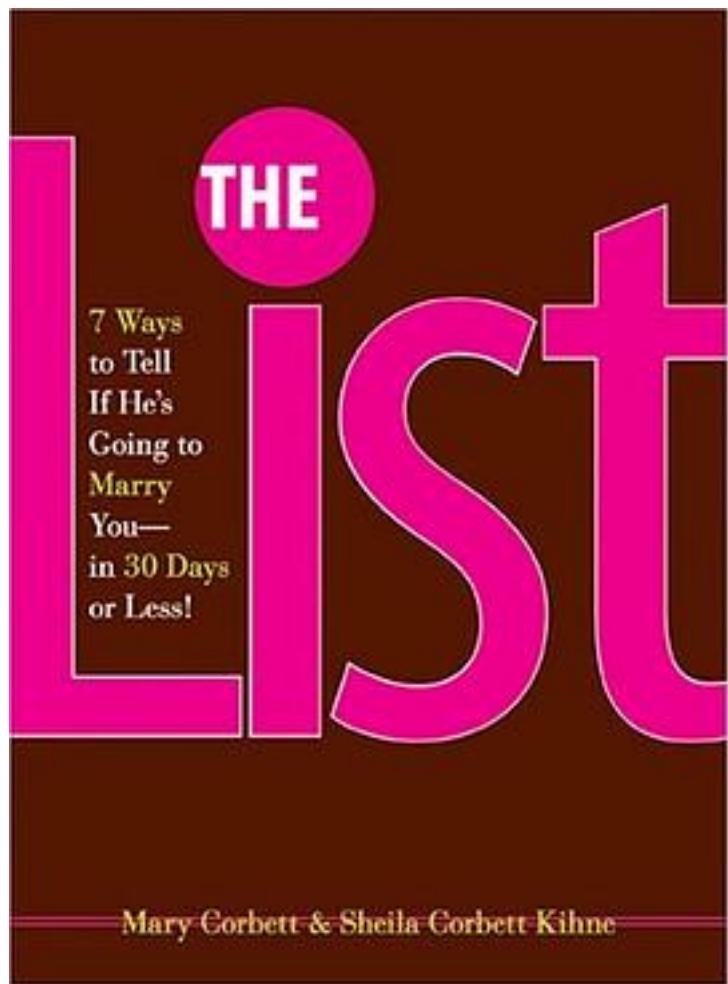


The List



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Get a tattoo, ride in a fire truck, or use food as foreplay in short, get out there and shake things up! Fun, inspirational, and incredibly motivating, The List offers one hundred

ideas ranging from challenging to outrageous for women who have been craving a little novelty in their lives. With instructions and inspirational stories from women who have risen to the challenge, The List will excite, scare, and push readers to do something they've always dreamed of, or better yet, to do something they've never dared consider. Whether it's writing a novel, running a marathon, or taking on a lover, The List delivers what many women are missing: taste of adventure and a light kick in the butt. "

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