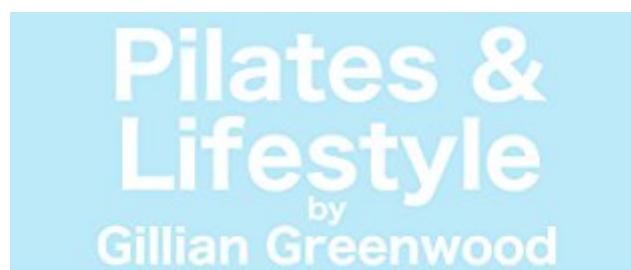


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Pilates And Lifestyle With Foreword By Julian Clary: Pilates (flat Abs, Help Back Pain), Lose Weight, Manage Stress, Quit Smoking



Foreword by *Julian Clary*



Synopsis

The New You starts now! How Pilates mixed with lifestyle changes and make-up tips from a Hollywood expert can help make the New You.

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