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# SIMPLE AND FIT (PAPERBACK)



Simple and Fit, United States, 2014. Paperback. Condition: New. Lucut Bogdan (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You talk about making a change toward a healthier lifestyle, and you really want to do it. But the glut of information out there, many of which are fads and gimmicks designed for unsustainable gains and burnout, can be overwhelming and confusing. Fitness and nutrition specialist Jonathan P. Ankiewicz knows this all too well, and he goes against...

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- Authored by Jonathan Paul Ankiewicz
- Released at 2014



### Reviews

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