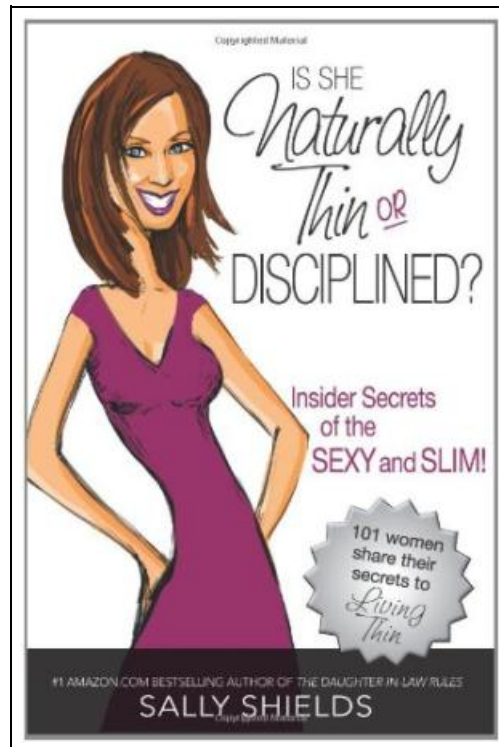


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Blooming Twig Books LLC. Paperback. Book Condition: new. BRAND NEW, Is She Naturally Thin, or Disciplined?: Insider Secrets of the Sexy & Slim!, Sally Shields, Do you struggle with your weight? Are you the mum who perhaps gained some after children and is having a hard time taking it off? Or perchance, one who looks at the super-slim and wonders to herself if those women are naturally thin, or very controlled about their diet and exercise routines? Sally Shields set out to uncover some answers as to offer inspiration to those in need of a strategy. Inside this book you will find many insider secrets to shedding those unwanted pounds once and for all, so that you can be healthy, feel fabulous, and get back into your jeans again! Each candidly sharing their personal story, these 101 contributors range from women who were born with the coveted thin gene to those who struggled to learn exactly what it takes to maintain their slim figures, the book shows us that it is possible to look and feel great, no matter what your age, size or body-type!.



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