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Food, Fitness, and Faith for Women : A 21 Day Journey to a New You; Food, A 21 Day Journey to a New You', published 2010 under ISBN 9781605871660 and ISBN 1605871664.

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Food; Family; Fun; Home; [We recently launched a new program with MEN S FITNESS online director Mike This 21-day journey is intense; you re going to shred

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Freeman-Smith Food, Fitness, and Faith for Men: A 21 Day Journey to a New You Language: English Pages: 239 Publisher: Freeman Smith (January 2, 2012)

Food, faith and fitness

Little by little, what you eat will shape your life. Let food be thy medicine and medicine be thy food.
~Hippocrates

Book review: food, fitness, and faith - my

Food, Fitness, and Faith for Women: A 21 Day Journey to a New You, A 21 Day Journey to a New You, encouraging, faith, Fitness, food, healthy living

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