

Download Lose Those Last 10 Pounds: The 28-day Foolproof Plan To A Healthy Body

Lose Those Last Ten Pounds: The 28-Day Fool-Proof Plan to a Healthy Body [Denise Austin] on Amazon.com.

FREE shipping on qualifying offers. Fight those last 10 pounds and WIN! America's most popular fitness guru presents a sure-fire weight-loss program that gets results--in just twenty-eight days. As everyone knows Lose Those Last 10 Pounds: The 28-Day Foolproof Plan to a Healthy Body. Fight those last 10 pounds and WIN! America's most popular fitness guru presents a sure-fire weight-loss program guaranteed to get results in just twenty-eight days. As everyone knows, the last 10 pounds are always the hardest ones to lose. Lose Those Last 10 Pounds: The 28-Day Foolproof Plan to a Healthy Body by Denise Austin No matter how much weight you lose in the course of your dieting and exercise, those last 10 pounds are always the hardest. LOSE THOSE LAST 10 POUNDS: The 28-Day Foolproof Plan to a Healthy Body By Denise Austin; Broadway Books, 261 pages, \$21.95 April 24, 2000 | JANE E. ALLEN I must confess I've always admired Denise Austin's enthusiasm, casting aside my inherent tendency to recoil at perky trainers and fitness experts. - Lose Those Last 10 Pounds: The 28-day Foolproof Plan To A Healthy Body