

[PDF] Slim For Life: My Insider Secrets To Simple, Fast, And Lasting Weight Loss

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Description:

About the Author Jillian Michaels is one of the leading health and wellness experts in the country. She is a *New York Times* bestselling author of four books: *Unlimited*, *Master Your Metabolism*, *The Master Your Metabolism Cookbook*, and *Making the Cut*. Over the years she has helped shape and inspire the lives of millions. Visit her at jillianmichaels.com

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