



Can't Fry Me Love

Ms Karen Lanson

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Can't Fry Me Love takes a 'children's book for adults approach' to fitness and is fun, easy to read and even easier to apply! It is a personal trainer in your pocket and suitable for both beginners and more advanced fitness levels. The Q & A format dispels myths and goes back to basics to ensure that results are obtained and kept. Recipes, workouts and a food diary template included. The 'weight' is over!

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