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Twenty Fitness Tips: For A Better Life

DeVonne Collins

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Twenty Fitness Tips: For A Better Life

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Twenty Fitness Tips: For A Better Life DeVonne Collins
This book was written to give inspiration for a healthier lifestyle. It was also written to help others with the struggles that I too had with working out and how to stay motivated. I want you to use this book as a guide to positive changes that can be made to improve your mental outlook and perception of working out. This book gives real life success stories that will hopefully motivate you in your work out habits.

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