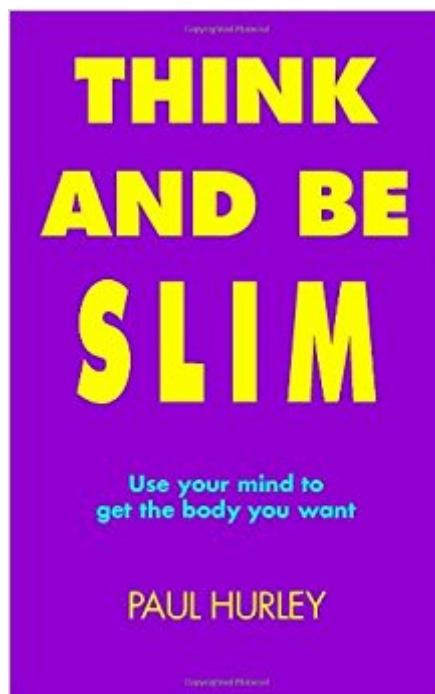


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Think And Be Slim



Synopsis

Use the power of your brain to get the body of your dreams! No effort required! Simply use the exercises and principles contained in this book and get ready for results you never dreamed possible!

Book Information

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Customer Reviews

Paul Hurley (BSc Sports Science) has many year's experience in the field of exercise, physique transformation and personal change. He is the developer of Ideal Exercise, a unique and innovative approach to physique transformation. Ideal Exercise Combines NLP, Time Line Therapy and Hypnosis with the most up-to-date Sports Science techniques to achieve maximum results in minimum time. You can visit his site @ www.paulhurley.net

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