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Body for Life Success Journal by Bill Phillips, Hardcover ...

Bill Phillips has set up a good method of motivating people into losing weight or

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[Body for Life Success Journal]
[Author: Phillips, Bill ...
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Body for Life Success Journal (Hardcover) - Walmart.com ... Body for Life Success Journal ISBN: 9780060515591 Title: Body for Life Success Journal Authors: Phillips, Bill Binding: Spiral-bound Publisher: William Morrow Publication Date: Nov 1 2002 Edition: Condition: Used -Acceptable Comments: Used -

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Acceptable The item is fairly worn but still readable. Signs of wear include aesthetic issues such as scratches, worn covers, damaged binding.

Body for Life Success Journal by Phillips, Bill ...

This simple journal teaches you that you can achieve ANY goal by doing it ONE

STEP AT A TIME, one day at a time, one choice at a time. This success journal has given us the support we have needed on the journey toward achieving our goals! Good luck! If we can do it, so can you!

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Your 12-WeekTraining-for-LIFE ... At this

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point, you should be 31 minutes into your lower body weight-training workout and have 11 minutes to go. NOTES. Created Date: 19990608161544Z ...

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bestselling author Bill Phillips comes Body-for-Life Success Journal. With over three million copies sold and after more than three years on bestseller lists, Body-for-Life is still going strong. People everywhere are discovering that they too have the power to change their body, their mindset, their life.

Body for Life Success Journal by Bill Phillips

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story is within reach for everyone more than just a typical log book this complete success journal guides you day by day step by step through the entire 12 week program bill phillips designed this book to help you stay focused and inspired through its pages he will be with you every step of the way

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The recently published (November 2002) Success Journal is designed to help participants of the Body For Life Program complete their 12 week transformation. This thing costs \$18.17 at Amazon.com.... If you want to buy this Amazon is the place to buy this!

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