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Miss Craigs 10 Minute A Day Spot Reducing Program

This new book from Miss Craig, who began as a physical therapist and became a name at Elizabeth Arden, is intended as a supplement to more comprehensive exercise programs: ten minutes a day can't do much. ... MISS CRAIG'S 10-MINUTE-A-DAY SPOT-REDUCING PROGRAM. By . GET WEEKLY BOOK RECOMMENDATIONS: Email Address Subscribe Tweet. KIRKUS REVIEW ...

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Buy Miss Craig's 10-Minute-A-Day Spot-Reducing Program: A Catalogue of Exercises for Improving Specific Parts of the Body (First Edition) First Edition by Marjorie Craig; Warnger, Phyllis Cerf Crowley (ISBN: 9780394507491) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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