

## THE 7 MINUTE MIRACLE LEVINE SHELDON%0A

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This is the first book that takes a genetic approach to losing weight and reshaping your body. "The 7-Minute Spot Reducing Solution" is the latest way for the millions of Americans to lose extra pounds in their "trouble-spot" areas. To ask other readers questions about The 7-Minute Miracle, please

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Dr. Levine is an awesome guy first off and second of all his book on this quick weight loss exercise is FANTASTIC! I mean, for only 7 little minutes of the day, you have to do one spot exercise for your problem area.

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