



Healthy, Lean & Sexy...At Any Age!: Transform Your Life With The Secrets of Natural Healing

Shirley Piccarreto

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In Healthy, Lean & Sexy...at Any Age!, women will learn the proven secrets to reclaim their powerful, sexy selves. Dr. Shirley Piccarreto uses her 30 years of experience in teaching and practicing health and wellness, to help all women become their healthiest and happiest, regardless of age. Hundreds of Dr. Shirley's clients have experienced success in the form weight loss, improved fitness, body confidence and overall body transformation. Now it's your turn! So, put down the other health books that over-promise and under-deliver and get your hands on this book. Each chapter provides no-nonsense, how-to advice and reliable answers to your most personal and pressing concerns. Healthy, Lean & Sexy...at Any Age!, truly is your ultimate guide to creating your own life full of wellness, vitality, energy and personal power!

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