



Stop the Insanity! Eat, Breathe, Move, Change the Way You Look and Feel--Forever

Susan Powter

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Stop the Insanity! Eat, Breathe, Move, Change the Way You Look and Feel--Forever Susan Powter

The popular television personality and authority on wellness explains how people can take control of their lives for better health and self-esteem through diet, mental fitness, and the power of intimacy. 125,000 first printing. Major ad/promo. Tour.

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