# Wedding Workout: Look And Feel Fabulous on Your Special Day

By Tracy Effinger, Suzanne Rowen audiobook | \*ebooks | Download PDF | ePub | DOC



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10 of 12 review helpful Totally Worthless By A Customer I m getting married in 6 months and I was hoping for a guide to help me loose the holiday pounds and tone my arms a little for my strapless gown This book is much to touchy feely for my taste There are lots of sections to write about how I feel about my body how I feel when I stand on a scale etc And after this section of to make you comfortable in your body Fitness trainers across America will tell you that the number one motivator to lose weight and get in shape is an upcoming wedding Most women are photographed more on their wedding day than any other single day in their lives Every woman wants to look her best on her wedding day Suzanne Rowan a bride to be and celebrity fitness trainer Tracey Effinger have joined together to create a full blown whip your body into shape program guaranteed to help every woman look From the Back Cover A Complete Plan for Looking Picture Perfect in Your Wedding Dress If ever there was a voice to listen to it s Tracy Effinger s I love her workout and I would recommend it to any future bride Read and enjoy shy shy

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