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# Before and After: Real Stories of the 10 Years Younger in 10 Weeks Programme (Your Best Self Seeds) (English Edition)



Par Thorbjörg

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## Description :

Prsentation de l'diteur Before After: Real Stories of the 10 Years Younger in 10 Weeks Programme gives insight into some of the many lives that have been revitalized thanks to Thorbjörgs proven natural anti-ageing regiment. The bestselling book 10 Years Younger in 10 Weeks reached cult status in Scandinavia thanks to a refreshingly natural approach to on how to look and to feel younger. You dont have to ditch the bikini when you turn 40 this can be the beginning of your sexy years! And its never too late to start: Thorbjörgs vitality

and charisma have made her a wellness guru for women of all ages. This Mini book reveals in detail the issues some users have faced before adapting their new lifestyle, and how it has changed their lives ever since. I followed Thorbjrgs 10 Years Younger Program, and was truly delighted with the results. Her deep understanding of nutrition, as much as her motivating personality, made the experience a complete success; and I am certainly not alone in my belief that Thorbjrgs work has the power to make a huge impact on todays culinary and fitness culture. Tamara Rappa, Senior Accessories Editor, The Oprah Magazine

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