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Workouts for Women - Lose Weight, Feel and Look Good with Hypnolates® Susana Lopez, 2014-10-15 This book is dedicated to women It is the highest desire of the author that you really enjoy your fantastic and beautiful journey in life This book is about helping women discover they can blossom at any age from the inside Most people only see themselves from the outside but you can see and feel from the inside because you are a beautiful body and a beautiful life The exercises and techniques in this book will help you remember that the mind body and spirit are all oneworking together for the experience of the most beautiful amazing and rewarding life The pages in this book will bring you to your perfect place feeling safe secure and loved by the perfect you Any possible fear can become courage and that courage can be the fuel to show your true self to the world how wonderful you really are Those extra kilos pounds on your body dont belong to you anymore Enjoy this bookit was created just for you

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