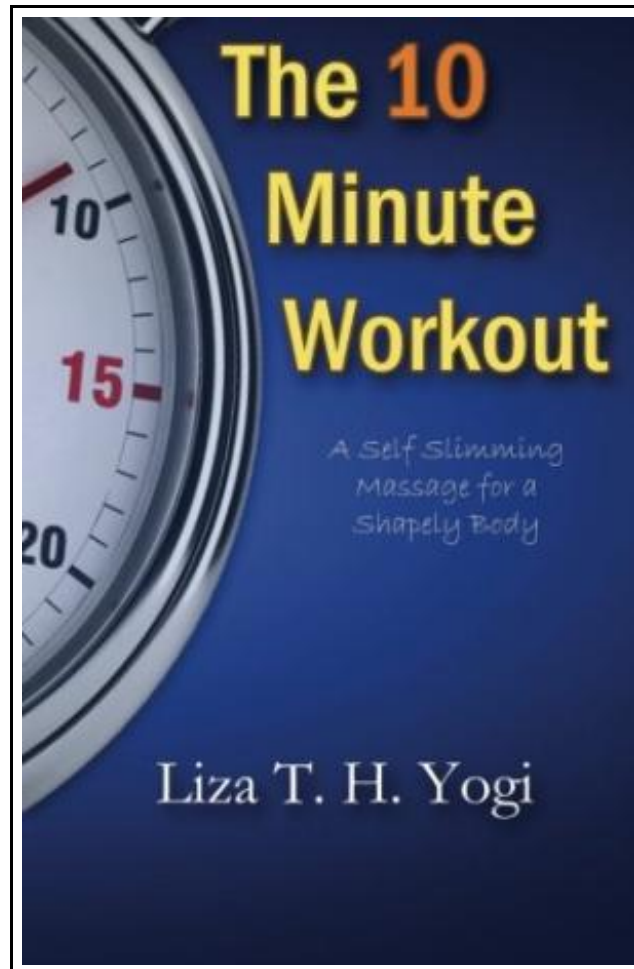


The 10 Minute Workout A Self Slimming Massage for a Shapely Body



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THE 10 MINUTE WORKOUT A SELF SLIMMING MASSAGE FOR A SHAPELY BODY



Larry\Czerwonka#Company, The. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.5in. x 5.5in. x 0.1in. My name is Liza T. H. Yogi, a Realtor for over 20 years and a Producer of Musical and Artistic Events. After having given birth to three children, I developed layers of fat on my upper and lower abdomen like most mothers that I know. Since I was not one to go to the gym and exercise, I was overweight and lacked the shape and form that I would ideally have like to have had. So on time when I was in the Philippines I meet this lady, who did Slimming Massages. The pain was almost unbearable but because I was too lazy to do regular exercises, I did this instead every other day. It was very effective! She managed to remove the excess fat on my stomach within a month. However, when I returned to Hawaii, I was back to my old habits of not doing any exercise which resulted in me reacquiring the same layered look. When I produced the Womens World Festival of 2008 at the Hawaii Convention Center, there were many pictures taken of me. To my disappointment, the dress I wore at the award ceremony showed the layers of fat that I had reacquired. I was embarrassed by the images and vowed that I would find a way to lose those layers once and for all. While thinking about the photos from the Convention and possible ways to shape up at home, an idea came to me. For over 27 years I have slept with my Rolling Pin on the side of my bed. It was my Security when I slept alone and no one else was around. Anyway, as I was looking at the Rolling Pin, and recalling the Slimming...



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