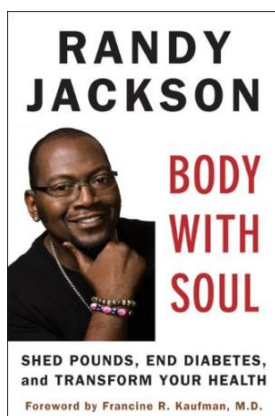


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# BODY WITH SOUL: SHED POUNDS, END DIABETES, AND TRANSFORM YOUR HEALTH



Plume Books. Paperback / softback. Book Condition: new. BRAND NEW, Body with Soul: Shed Pounds, End Diabetes, and Transform Your Health, Randy Jackson, From beloved "American Idol" judge a complete, inspiring wellness plan for taking control of your health The obesity epidemic is spreading throughout America, bringing with it health problems from diabetes to hypertension to heart disease. A lifetime of poor fitness and nutrition choices left Randy Jackson lethargic, overweight, and with a diagnosis of Type II diabetes. After...

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- Authored by Randy Jackson
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