

**SLIM CALM SEXY DIET: 365 PROVEN FOOD  
STRATEGIES FOR MIND/BODY BLISS**

Lanette Hargis

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**Slim Calm Sexy Diet - Glassman, Keri/ Mahoney, Sarah (CON) - | HPB**

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**Slim Calm Sexy Diet - Glassman, Keri/ Mahoney, Sarah (CON) - | HPB**

Synopsis. A revolutionary nutrition plan that uses the latest science to create a healthier way of eating for mind/body bliss In this second installment of the Slim.

**The slim calm sexy diet : proven food strategies for mind/body bliss (edition) | Open Library**

Keri Glassman - Sarah Mahoney - Glassman, Slim Calm Sexy Diet: Proven Food Strategies for Mind/Body Bliss Keri Glassman, Keri Glassman - Sarah.

**Slim Calm Sexy Diet by Keri Glassman and Sarah Mahoney | Penguin Random House Canada**

SLIM CALM SEXY DIET: Proven Food Strategies for Mind/Body Bliss. Keri Glassman, RD. Pub date: March 27,

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With an expert hand, she guides you on exactly how simple it can be to make smart, thoughtful food choices and how in turn, this can positively affect all areas of your life. The result is a sleek, sexy shape, smooth skin, a happier mood, and a more satisfying sex life. TheDayGreenTeaDiet. This book summary and analysis was created for individuals who want to extract the essential Keri's food, fitness and weight loss tips are always spot on.

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