

The Fit Or Fat Target Diet: The Easiest Plan For Your Best Diet By Covert Bailey

By Covert Bailey

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Author: Covert Bailey, Title: The Ultimate Fit or Fat (Paperback), Publisher: Rux Martin/Houghton Mifflin Harcourt, Category: Books, ISBN: 9780618002047, Price: \$11

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The Fit or Fat Target Diet - Houghton Mifflin -

Covert Bailey. Covert Bailey is a popular PBS personality and best-selling author on fitness and nutrition, whose Fit or Fat series of books has sold nearly 6 million

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<http://www.amazon.ca/The-Ultimate-Fit-Covert-Bailey/dp/B005UVQXUU>

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The fit-or-fat target diet (Book, 1984) -

Genre/Form: Popular Works: Additional Physical Format: Online version: Bailey, Covert. Fit-or-fat target diet. Boston : Houghton Mifflin, 1984 (OCoLC)762647054

<http://www.worldcat.org/title/fit-or-fat-target-diet/oclc/10348451>

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