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Energy for Life (Fit for Life Book 3)

Marilyn Diamond



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Following the international blockbuster Fit for Life, Marilyn Diamond wrote Energy for Life. Originally titled Fitonics by the publisher of the time, it has been updated by Marilyn herself and aligned with the complete Fit for Life series.

"This is your moment. This is your chance to lose unwanted weight, increase your energy, and embrace a healthier, more fulfilling way of life. Join Donald and me as you turn the page and take control of how you look, feel, and perform every minute of the day. As you watch the pounds melt away and see a strong, happy, energetic person emerge, you'll know it's the time of your life for... ENERGY FOR LIFE!

With heartfelt wishes for your success, I reach out to you with love."

— Marilyn Diamond, November 2015

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