



Scale Down--Live it Up Wellness Workbook

Danna Demetre

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Scale Down--Live it Up Wellness Workbook Danna Demetre

This 8-week companion study-guide to *Scale Down* walks women step-by-step through Danna Demetre's best-selling book, giving them a balanced, realistic approach to good health that lasts. Part of the *Scale Down--Live It Up!* Curriculum.

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