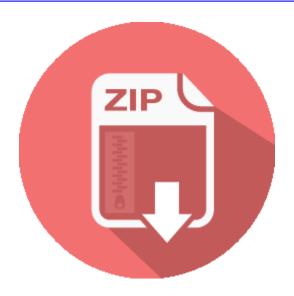
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Book Summary: The title of this book is Side Effect: Skinny and it was written by Denise Austin. This particular edition is in a Hardcover format. This books publish date is Mar 01, 2013 and it has a suggested retail price of \$25.95. It was published by Bird Street Books and has a total of 248 pages in the book.

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Denise Austin, the internationally-renowned fitness guru, understands women s wants, needs, and the hurdles that they face. In her newest book, Side Effect: Skinny, Austin shares her secret fat-blast diet and healthy, delicious eating plans, alongside her fun and effective workout regimens.

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Read This Review First Denise Austin's Side Effect

Side Effect: Skinny features Denise Austin's Fat Blast Diet, 7-minute toning exercise, and a focus on sustainable healthy habits.

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I have followed Denise Austin's exercise and diet programs for years. After I was diagnosed with cancer I began to have weight problems. I decided after years of struggle to use this program and find it easy to use and something I can stick with this time. Thanks Denise.

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