

Be A Loser!: Lose Inches Fast--No Diet By Greer Childers

By Greer Childers

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15 minute a day body flex program to lose inches and gain better health.

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Books: Be a Loser!: Lose Inches Fast-- No Diet -

Author: Greer Childers, Bobbi Katz, Title: Be a Loser!: Lose Inches Fast--No Diet (Paperback), Category: Books, ISBN: 9780812931419, Price: \$6.92, Release_date: 1999

Greer Childers | LibraryThing -

Works by Greer Childers: Be a Loser!: Lose Inches Fast--No Diet, Body Flex The Advanced Workout, BodyFlex

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BodyFlex Official Site - About Greer Childers - -

About Greer Childers She lost 10 inches across her midsection as well as well as author of the best selling book "Be a Loser". A message from Greer Childers

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Be a Loser!: Lose Inches Fast- No Diet by Greer -

Greer Childers, age 53 and mother of three, credits her BodyFlex method with dropping her from a size 14/16 to a size 4/6 in 90 days. Childers had tried jogging

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Video Fitness Book Reviews: BE A LOSER! Lose -

Greer Childers with Bobbie Katz. I had seen the infomercials for BodyFlex and Oxycise a few years back, and hadn't given them much thought (when you really want to

9780812931419: Be a Loser - AbeBooks - Childers, -

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