



Winning by Losing: Drop the Weight, Change Your Life

Jillian Michaels

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Winning by Losing: Drop the Weight, Change Your Life Jillian Michaels

Drop the weight and change your life with Jillian Michaels' *Winning by Losing*. The fitness expert on the smash hit NBC TV show "The Biggest Loser" and "Losing It," Jillian offers her unique, comprehensive, no-nonsense health and fitness program that can help anyone lose unwanted pounds and keep them off. Losing never felt so good!



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