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**THE REAL ME: FASHION, FITNESS AND FOOD TIPS FOR REAL WOMEN - FROM ME TO YOU**

Little, Brown Book Group, United Kingdom, 2016. Paperback. Book Condition: New. 247 x 191 mm. Language: English . Brand New Book. I believe in grafting hard, training right, eating well .and having a good time! WORK HARD Vicky Pattison knows that achieving your dreams takes hard work, hustle, a sense of humour and a killer outfit. And now she s sharing her insider secrets for the first time: how to dress for success, how to eat well and keep healthy...

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- Authored by Vicky Pattison
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