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Random House USA Inc, United States, 2003. Paperback. Book Condition: New. 231 x 185 mm. Language: English . Brand New Book. From dumbbells to wedding bells . . . Whether you have six months or just six weeks until your wedding day, Buff Brides is an invaluable must-have for every bride-to-be. Buff Brides is a comprehensive, fully illustrated fitness book by a New York City personal trainer who has helped hundreds of brides get into shape over the past decade....

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- Authored by Sue Fleming
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