



The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days

Marilu Henner, Laura Morton

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**Are you ready to make a change?
Spend a month with Marilu!**

"Health is not just about weight or appearance, but rather about a much bigger picture. I really believe that you can't be a healthy person unless everything is working together. Your body, your mind, your living space. Live in my world for 30 days and I promise you will feel better."

-- Marilu

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