



Lose Your Mummy Tummy

For women
of any age —
no matter when
you had a baby

LITTLE, BROWN BOOKS

*Flatten your stomach NOW
using the groundbreaking
Tupler Technique*

Preface by
Elle Macpherson

Introduction by
Gae Rodke, D.O.

Julie Tupler, R.N. with Jodie Gould

Lose Your Mummy Tummy Flatten Your Stomach Now Using The Groundbreaking Tupler Technique

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