

**30 DAYS TO AN  
ARROW-STRAIGHT WAIST!**

# LOSE THE LOVE HANDLES



**DAVE KUEHLS**

# Lose The Love Handles 30 Days To An Arrow Straight Waist

**S Ashworth**



## **Lose The Love Handles 30 Days To An Arrow Straight Waist:**

Lose the Love Handles Dave Kuehls,1996 In the same format as the two million copy bestselling *Thin Thighs in 30 Days* this easy to follow expert approved radically effective program uses a 30 day planner and 50 step by step photos to show men how to kiss their love handles goodbye 96 pp National media 50 000 print     **Vertical File Index** ,1997     **American Book Publishing Record** ,1997     **Forthcoming Books** Rose Arny,1997-04     *Books in Print* ,1991     **Harper's Bazaar** ,1872     *Backpacker* ,2001-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured     **Backpacker** ,2000-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured     *New York Magazine* ,1983-08-15 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea     *Flying Magazine* ,1966-11     Youth's Companion ,1875

**Backpacker** ,2001-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured     Popular Science ,2005-09 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better     **Backpacker** ,2004-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has

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