

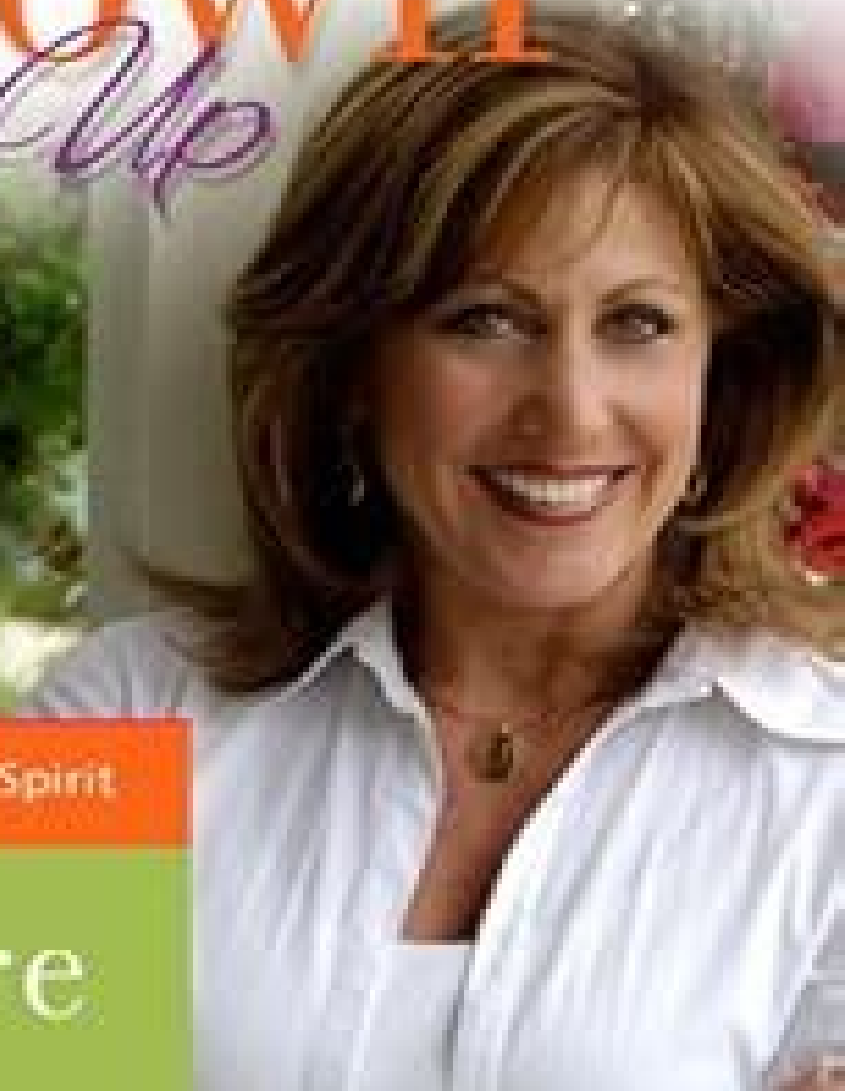
6-Session Audio Series

Scale Down *Live It Up*

- Overcome Bad Habits
- Energize Your Lifestyle
- Renew Your Spirit
- Burn Fat Efficiently
- Lose Weight for Life!

A Realistic Guide to Balancing Body, Soul & Spirit

Danna Demetre



Scale Down Live It Up Audio Series

Yi-Tong Ma



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