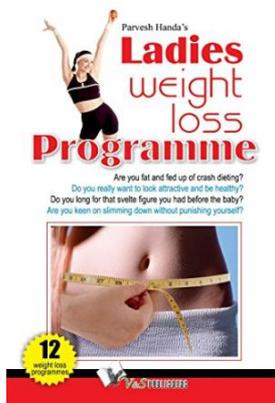


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LADIES WEIGHT LOSS PROGRAMME



V & S Publishers, New Delhi, India. Softcover. Book Condition: New. Every woman longs for a beautiful hourglass-like figure. The sight of well-shaped models cat-walking on the ramp allures them. They want to be like them. For this, they go for heavy workouts, crash diets, aerobics, which sometimes click and very often don't. Ladies Weight Loss Programme aims at understanding a woman's body and covers 12 weight loss programmes. It provides a comprehensive account on topics ranging from routine slimming...

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- Authored by Parvesh Handa
- Released at -



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