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[Paperback] By Joy Skipper

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44 major weight loss 9 years ago. casper, wy - arm

Married and now with two kids I wanted arms that didn't swing when I wrote on the chalk board (teacher). I was overweight my first 35 years and then got the lap band.

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and find that this is the easiest weight loss for me (and I'm now 59.5 years old). you'll have access to all of the Weight Watchers recipes that are

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Pamela saw Joy Bauer on the Today show discussing her popular weight loss book, years old. Starting weight: or recipe? My new favorite healthy recipe is

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