

Escape Your Weight By Edward J. Jackowski

By Edward J. Jackowski

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Edward J. Jackowski, Ph.D., is the CEO and founder of Exude Inc. Escape Your Shape; Using OverDrive. Download the app; Getting started; Help; Troubleshooting

The author of "Escape Your Shape", Edward Jackowski is back with a food focused plan to help you "Escape Your Weight". Essentially the book operates on the basic

Escape Your Shape: Edward Jackowski, it s little more than a waste of time, according to fitness expert Edward J. Jackowski. Read more here >>>

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Thanks to trainers like Edward J. Jackowski, CEO / founder of Exude Fitness and author of Escape Your Shape, rather than the amount of weight, says Jackowski.

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Edward Jackowski, Ph.D. Edward Jackowski, Ph.D., is the Founder & CEO of Exude (www.exude.com), the nation's largest one-on-one motivational and fitness company

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