

# Escape Your Weight By Edward J. Jackowski

By Edward J. 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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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.

Escape Your Weight gives you a choice of eating plans and exercise plans that fit you, your likes and dislikes, Other books by Edward J. Jackowski

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Escape Your Weight: How to Win at Weight Loss by Edward J Jackowski, 9780312312008, available at Book Depository with free delivery worldwide.

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 Find out the background and basics of Edward J Jackowski's "Escape Your Shape" body type exercise recommendations.

Edward J. Jackowski is the author of Escape Your Shape (4.00 avg rating, 3 ratings, 1 review, published 2001), Escape Your Weight (3.00 avg rating, 1 rating. ..

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Escape your shape : not harder. [Edward Jackowski] The jump rope, your secret weapon -- Exercise and diet, the dynamic weight-loss duo -- PART II:

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