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Book Request

Book Title: Taking Up Space:
How Eating Well & Exercising Regularly Changed My Life
Author: Pattie Thomas, Ph.D. with Carl Wilkerson, M.B.A.

ISBN: 978-1-59719-002-2
Publication Date: October 2005

Publisher: Pearlsong Press

Book Type: Social Science / Popular Culture;
Biography & Autobiography /Personal Memoirs

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