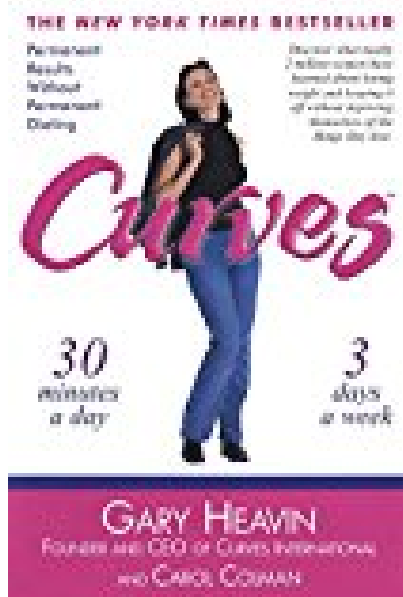


# Curves Permanent Results Without Permanent Dieting



## BOOK DETAILS

- Author : Gary Heavin
- Pages : 334 Pages
- Publisher : TarcherPerigee
- Language : English
- ISBN : 039952956X

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## BOOK SYNOPSIS

The founder and CEO of the Curves fitness and weight-loss center chain outlines a strength-training program that does not utilize a restricted diet, features a thrice-weekly exercise workout, and suggests body type-based eating guidelines, accompanied by shopping tips, meal plans, recipes, and charts to track progress. Reprint.

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