



# Jane Scrivner's Total Detox: 6 Ways to Revitalise Your Life

*Jane Scrivner*

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## **Jane Scrivner's Total Detox: 6 Ways to Revitalise Your Life** Jane Scrivner

This text aims to show how to look good, feel great and live life to the full. It contains six detox programmes, each designed to suit specific needs, they are the: 30-day ultimate detox; quick fix hangover detox; healthy mind detox; weekend detox; complete home detox; and relationship detox.

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