



Revitalize Your Life

Jack LaLanne

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Revitalize Your Life Jack LaLanne

Written by the foremost pioneer of the American fitness movement, this complete revision of Revitalize Your Life is an expanded new edition specifically targeted to the fifty-something crowd. Jack reveals his secrets to a better life and longevity. This edition includes a chapter on juicing as well as how to improve your looks, health, and sex life.

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