



Perfect Parts: A World Champions Guide to Spot Slimming Shaping and Strengthening Your Body

Joyce L. Vedral, Rachel McLish

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Rachel McLish, the world's best-known champion bodybuilder and bestselling author of *Flex Appeal* by Rachel, and Joy Vedral, peak-condition body-builder, combine their expertise in a book that shows how to reshape and perfect any part of the body for an overall sleek, fit and sexy new look.

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