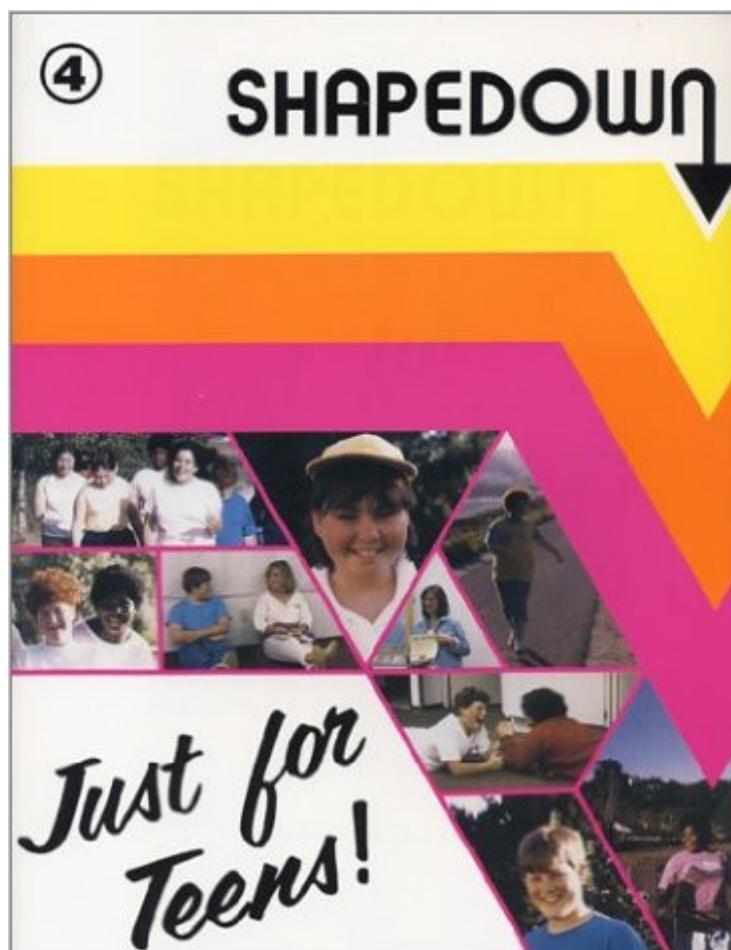


The book was found

# Shapedown: Just For Teens!



## Synopsis

Shapedown: Just for Teens!

## Book Information

Paperback: 284 pages

Publisher: Balboa Publishing (2002)

Language: English

ISBN-10: 0935902279

ISBN-13: 978-0935902273

Product Dimensions: 10.8 x 8.2 x 0.7 inches

Shipping Weight: 1.6 pounds

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,933,996 in Books (See Top 100 in Books) #29 in Books > Health, Fitness & Dieting > Children's Health > Eating Disorders

[Download to continue reading...](#)

Shapedown: Just for Teens! Just Margaritas and Sangrias: A Little Book Of Liquid Sunshine (Just (Lyons Press)) Cool Colleges: For the Hyper-Intelligent, Self-Directed, Late Blooming, and Just Plain Different (Cool Colleges: For the Hyper-Intelligent, Self-Directed, Late Blooming, & Just Plain Different) Stop Smoking in One Hour: Play the CD... just once... and never smoke again! (Listen Just Once to the CD and Youll Never Smoke Again!) Craps & Roulette: A Brief Primer and a Few No BS Betting Strategies That Just Might Improve Your Performance\* (\*Just as boringly as the casinos do for themselves.) Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body (SmartFun Activity Books) Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) Teens Talk About Alcohol and Alcoholism Alcohol Information For Teens: Health Tips About Alcohol And Alcoholism, Including Facts About Underage Drinking, Preventing Teen Alcohol Use, Alcohol's ... On The Brain And The (Teen Health Series) Buzz: A Graphic Reality Check for Teens Dealing With Drugs and Alcohol (FlipSwitch) The Gospel-Centered Life for Teens Leader's Guide The Gospel-Centered Life for Teens Participant's Guide Theology of the Body for Teens (Student Workbook) The 7 Habits of Highly Effective Teens: The Miniature Edition Floral Mandalas Coloring Book For Adults: Flower Coloring books for teens ADHD Non-Medication Treatments and Skills for Children and Teens: A Workbook for Clinicians and Parents with 162 Tools, Techniques, Activities & Handouts Teaching Life Skills to Children and Teens With ADHD: A Guide for Parents and Counselors (Lifetools: Books for the General Public)

Getting a Grip on Diabetes : Quick Tips for Kids and Teens The Ultimate Guidebook for Teens With Food Allergies: Real Advice, Stories and Tips Teens' Guide to College & Career Planning (Teen's Guide to College and Career Planning)

[Dmca](#)