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Juliana Baldec



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The Creator Economy Ahmed Musa, 2024-12-24 The rise of the creator economy has opened doors for individuals to monetize their passions like never before This book provides a comprehensive guide to building a personal brand growing an online audience and turning content creation into a profitable venture Learn about platforms strategies and tools that can help you succeed in this booming digital landscape

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YOU(r) Teen: Losing Weight Michael F. Roizen, Mehmet Oz, 2012-12-25 Offers tips and strategies for losing weight intelligently explaining the limits of the human body and providing nutrition and exercise suggestions to lose weight and keep it off for good Includes recipes

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Willing's Press Guide ,2004 Coverage of publications outside the

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The Official Gold's Gym Beginner's Guide to Fitness David Porter, 2004-09 With the help of instructive photographs shot on location at Gold's facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food

Spa, 2003 *The Complete Idiot's Guide to Losing Weight* Susan McQuillan, Edward J. Saltzman, 1998 Common sense strategies for losing weight and keeping it off

The New York Times Book Review, 1974 American Dietetic Association Complete Food and Nutrition Guide Roberta Larson Duyff, 2006-09-18 Offers tips and guidelines for following a healthy diet from choosing the right food at the supermarket to eating well at every stage in life

Monthly Guide, 1982-03 International Books in Print, 1987 **Library Journal** Melvil Dewey, Richard Rogers Bowker, L. Pylodet, Charles Ammi Cutter, Bertine Emma Weston, Karl Brown, Helen E. Wessells, 2007 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

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













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