

**Drop Two Sizes: A Proven Plan To Ditch The Scale, Get  
The Body You Want & Wear The Clothes You Love!  
(Women's Health) By Rachel Cosgrove**



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She has written for Women s Health, Drop Two Sizes: A Proven Plan to Ditch the Scale, Get the Body You Want & Wear the Clothes You Love!

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### **Drop two sizes in 12 weeks - everydiet - expert**

She is an Ironman Triathlete and regular fitness advisor to Women s Health Drop Two Sizes or More; Drop 2 Sizes Ditch the Scale, Get the Body You Want

### **Fitshop - women' s health drop two sizes book**

Women s Health Drop Two Sizes Book. A proven plan to ditch the scale, get the body you want and Women s Health fitness expert Rachel Cosgrove empowers

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### **Rachel cosgrove (author of the female body**

Rachel Cosgrove is the author of The Female Body Breakthrough (3.79 avg rating, 179 ratings, 33 reviews, published 2009), Drop Two Sizes (3.85 avg rating

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