

# Escape Your Weight

By Edward J. Jackowski



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Escape Your Weight offers specific fitness plans for three kinds of people: those who mostly like to diet, those who mostly like to exercise, and people who prefer a

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Escape Your Shape: Edward Jackowski, it's little more than a waste of time, according to fitness expert Edward J. Jackowski. Read more here >>>

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Edward J. Jackowski is the author of Escape Your Shape (4.00 avg rating, 3 ratings, 1 review, published 2001), Escape Your Weight (3.00 avg rating, 1 rating. ...

<http://waatp.com/people/edward-j-jackowski/28051020/>

Edward J. Jackowski, Ph.D., is the CEO and founder of Exude Inc. Escape Your Shape; Using OverDrive. Download the app; Getting started; Help; Troubleshooting

<https://www.overdrive.com/media/17625/escape-your-shape>

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Thanks to trainers like Edward J. Jackowski, CEO / founder of Exude Fitness and author of Escape Your Shape, rather than the amount of weight, says Jackowski.

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Find out the background and basics of Edward J Jackowski's "Escape Your Shape" body type exercise recommendations.

<http://adventuresinhealth.co.uk/2011/weight-training/escape-your-shape-with-edward-j-jackowski/>

Escape Your Weight gives you a choice of eating plans and exercise plans that fit you, your likes and dislikes, Other books by Edward J. Jackowski

<http://digirewards.givesmedia.com/ebook/detail/d4c2368440c784dd8c281b118dc7603f21a5e018>

Edward Jackowski, Ph.D. Edward Jackowski, Ph.D., is the Founder & CEO of Exude (www.exude.com), the nation's largest one-on-one motivational and fitness company

<http://us.macmillan.com/books/9781250097088>

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