

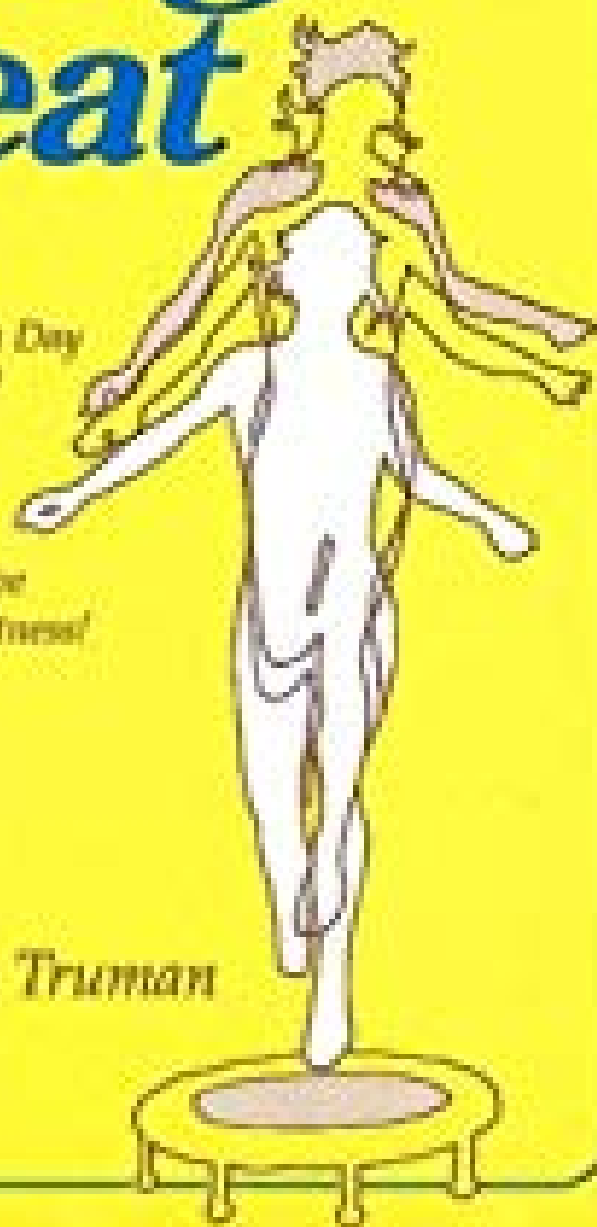
Looking Good Feeling Great

*Fifteen Minutes a Day
to a New You!*



*An easy, fun
way to tone
your figure, improve
health, develop total fitness!*

*By Karol Kuhn Truman
With Alan Parkinson*



Karol Kuhn Truman and

Looking Good Feeling Great: Fifteen Minutes a Day to a New You!



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Karol discovered the joys of rebounding in the past, and is amazed in how it's benefited her existence. But it's true! It appears odd that such a simple little gadget could bring such amazing results. and every day more men and women are being changed into rebound exercise. Even more data is coming in daily;



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Four Stars Interesting theory. Although relatively interesting, this book was written decades ago with only anecdotal information. My partner liked it.. I have MS and I'm wishing I can work my way up to even more time--I'm just like the Princess and the Pea and my legs feel EVERYTHING and sometimes I have a hard time walking 3-4 days when i use this. After reading Albert Carter first, there actually wasn't much new to find out. But I did like the hand drawn illustrations, that have been much better than Carter's photography. As I stated, my partner enjoyed it and generally doesn't browse anything about workout. Anecdotal, I understand... my Chiropractor told me about this method. The book claims that close friends or family of the writer have been healed of flu and colds using the mini tramp. Four Stars great information. It's my Go To for my Newfound rebounder workout! Likely to continue keeping on. Five Stars Fabulous I've MS and I'm hoping I can work my way up to more time--I'm just like the Princess and the Pea and my hip and legs feel . It does a great job on my state of mind which is usually pretty good but appears to be terrific after using it. Great book Excellent and easy to read book in the world's very best exercise. The book gave me just the perfect information I needed for rebounding The book gave me just an ideal information I needed for rebounding. Many thanks so very much for the speedy delivery. Five Stars Love it!! Wealth of information! I have found I can't miss a day and consider it slowly--started with one minute. Doesn't deter me.



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