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a smarter safer way to trim your waistline without pain injury and all those crunches as a chiropractic physician adam weiss understands that traditional ab exercises can cause back pain strain muscles and can even cause misalignment that s why he created a truly safe and amazingly effective routine for slimming your waist without the risk of pain or injury his revolutionary approach targets and strengthens your core muscles using a unique combination of muscle stretches dynamic exercises and dietary advice it s safe it s smart and it works i love the absmart fitness plan having neck and back problems i find the exercises easy and safe for me to do but more than that is the great information dr weiss includes on nutrition he brings together the knowledge of not only how to exercise properly but how to nourish your body to get optimal results brenda watson cnc author of the fiber35 diet

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you win for now but it isn't over trouble has followed pregnant artist kayla davies to a picturesque oregon town where she hopes to paint away memories of a brutal attack instead she finds herself again gripped by fear when a woman's murder and an eerily familiar stalker coincide with her arrival someone is watching her and disappearing into the dreaded fog called the devil's shroud shroud shaken kayla finds comfort in the arms of gabe mcgregor the hard bodied town sheriff and single dad though he and kayla share a powerful attraction neither wants anything beyond an earthshaking fling too many lies and secrets have come between them until another vicious attack on kayla changes everything

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