

SEXY

IN 6

**SCULPT YOUR BODY WITH THE
6 MINUTE
QUICK-BLAST
WORKOUT**

● **LOSE UP TO
25 POUNDS
IN 6 WEEKS**



● **BLAST STUBBORN INCHES
FROM YOUR ARMS AND BELLY**

● **SHOW OFF A BIKINI BODY AND
REVEAL THE CONFIDENT YOU!**

TRACEY MALLETT

A C K N O W L E D G M E N T S

I have to be honest. When I first accepted the offer to write this book, I had no idea how many people and how many sleepless nights it would take to put a book together. There's no way I could take "all the" credit for this book. So many amazing people were involved with this project and I really couldn't have done it without them. (I feel like I'm writing my Oscar acceptance speech!)

So here goes. Linda Konner, my literary agent who made all of this happen. She found me a great partner in Da Capo Press, which I'm thrilled to be working with.

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