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### **Lean bodies by cliff sheats | cathe friedrich**

Hi everyone, I have both this book and the cookbook (I posted this under the clean eating thread). Regarding the foods, this book is really geared towards the body

### **Cliff sheats (author of cliff sheats' lean bodies**

Cliff Sheats is the author of Cliff Sheats' Lean Bodies (3.00 avg rating, 6 ratings, 1 review, published 1992), Cliff Sheats' Lean Bodies Cookbook (2.33

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