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Rujuta Diwekar - pdf download free book



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Description:

Review "Rujuta has not just changed my body but also my mind and soul. She is the best thing to have happened to my life!" Kareena Kapoor --Kareena Kapoor

About the Author The author is one of India's top dieticians and fitness trainers. In addition to Bollywood's fittest, she has also worked with Anil Ambani, training for the Mumbai marathon. Winner of the best personal trainer award 2005, she is an expert in nutrition, sports, science and

yoga.

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