

# Leslie Sansone's Eat Smart, Walk Strong: The Secrets to Effortless Weight Loss

Leslie Sansone

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# Leslie Sansone's Eat Smart, Walk Strong: The Secrets to **Effortless Weight Loss**

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Leslie Sansone's Eat Smart, Walk Strong: The Secrets to Effortless Weight Loss Leslie Sansone Fitness expert Leslie Sansone applies her proven six-week plan format to reforming the way we eat. Each week is focused on a theme of bad habits to break and good habits to develop.



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