

**NO IFS, ANDS OR BUTTS: HOW TO TURN THE TOP  
10 EXERCISE EXCUSES INTO FITNESS TRIUMPHS**

**Elliott Bauserman**

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How to Turn the Top 10 Exercise Excuses into Fitness Triumphs Linda T. Gottlieb In addition to her first book, No Ifs, Ands, or Butts: How to Turn the Top

She is also the author of, "No Ifs Ands or Butts: How to Turn the Top 10 EXERCISE EXCUSES into Fitness Triumphs." PLEASE NOTE: The.

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