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'Shag Yourself Thin' is the not-so-serious yet surprisingly informative book for all those fitness fanatics out there! It's very very rude with a sticker on the front cover warning customers with finer sensibilities not to look inside

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4.0 out of 5 stars Fun Present - not diet advice. This is a very small book around 10cm by 8cm, so don't expect some kind of paperback at this price. For me this is a funny present for someone who will laugh about it. The content is fine, somewhat funny but after a couple of pages pretty same-ish.

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Two unlikely crusaders, Warlow, a brash, abrasive businessman and McGoohan, a "bleeding heart" hack journalist, team up to tackle the world crisis of obesity with a simple solution. Sex. Lots of it. Up the frequency and the intensity and the problem will melt away. The world should literally Shag Itself Thin.

Shag Yourself Thin: Volume 1 (A Plan): Amazon.co.uk ...

Shag lives with his wife and children in a mid-century home overlooking a peaceful wooded valley, much like homes he paints in his art. He considers Palm Springs, California his second home and is an enthusiastic booster for the city. In 2009 The Shag Store opened in Palm Springs. It is the world's first retail boutique and gallery dedicated ...

Shag

Shag Yourself Slim. By: Imah Goer. Narrated by: David Ryder. Free with 30-day trial \$14.95/month after 30 days. Cancel anytime. Publisher's Summary. Losing weight isn't rocket science: eat less and move more, and it will happen. The link between sex and slimming is also simple: a good hard rogering will burn calories.

Shag Yourself Slim (Audiobook) by Imah Goer | Audible.com

Shag Yourself Slim. Forget the latest home workout craze, going to the gym and slogging your guts out, and then eating some leaves and nuts washed down with water. Every aspect of shagging burns calories. And this book tells you how many calories each position will burn. Sexercise is the new Zumba. Shag Yourself Slim Product Features: Number Of Pages: 128

Shag Yourself Slim - Guess What I Forgot

Shag Yourself Slim by Powell, 9781912295869, available at Book Depository with free delivery worldwide.

Shag Yourself Slim : Powell : 9781912295869

The shag haircut is very rock 'n' roll—casual, mussy, and visually effortless. The typical features that make up a shag hairstyle include choppy ends, layers around the crown, and lots of texture. The modern shag is choppy and has lots of texture but doesn't make you look like you're in an '80s hair metal band.

The Best Shag Haircuts, From Short to Long

Imah Goer is the author of *Shag Yourself Slim* (3.02 avg rating, 86 ratings, 3 reviews, published 2004), *Shag Yourself Slim - The Most Enjoyable Way to Lo...*

Imah Goer (Author of Shag Yourself Slim)

Probably the best thing about shag is that they are suitable for both longer and shorter hair and are ideal for every type of hair too, thicker and thinner. Women of all ages can opt for this haircut and look stunning, as you'll see below.