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Tom's Daily Plan: Over 80 fuss-free recipes for a happier ...
Tom's Daily Plan finally arrived. I am looking forward to giving it a good read. At first glance the book is made of good quality, the photography is wonderful, and having browsed some of the pages, it is well written. This book isn't your typical cookbook or fitness book, it is what I'd call an easement into the process of getting healthier.

Tom's Daily Plan: Tom Daley: 9780008212292: Amazon.com: Books
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