

# **Sleep Away The Pounds: Optimize Your Sleep And Reset Your Metabolism For Maximum By Cherie Calbom**

**By Cherie Calbom**

Cherie Calbom, aka The Juice Lady Sleep Away the Pounds: Optimize Your Sleep and Reset Your Metabolism for Maximum Weight Loss. ISBN: 0446579424,

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hmmm going to read this one I get very little sleep

Sleep Away The Pounds written by Cherie Calborn and co authored by her husband John Calborn, teach us how to optimize your sleep and reset your metabolism Cherie

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