



Kathy Smith's Flex Appeal: Look Great and Feel Sexy at Any Age

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Kathy Smith's Flex Appeal: Look Great and Feel Sexy at Any Age Kathy Smith

A former correspondent for NBCUs "Today" show, ABCUs "Good Morning America," and CNN, the author has been a visible fitness media guru. Smith has sold over 12 million copies of her more than 30 fitness videos to date. A companion video of "Kathy Smith's Flex Appeal" will be released to coincide with the publication of this book.

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