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T Is for Transformation: Unleash the 7 Superpowers to Help ...

T is for Transformation: Unleash the 7 Superpowers to Help You Dig Deeper, Feel Stronger & Live Your Best Life. As a fitness icon and motivational mastermind, Shaun T has helped millions of people transform their bodies and their lives through his Hip Hop Abs, INSANITY, and CIZE workouts.

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T Is for Transformation: Unleash the 7 Superpowers to ...

T is for Transformation is for everyone who is ready to face their truths, move past their pasts, reclaim the greatness that was always inside of them, and take control of their lives! --Chalene Johnson, New York Times bestselling author, host of podcast The Chalene Show, and creator of SmartSuccess "Shaun is a unicorn.

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A front three was central to former Juventus boss Maurizio Sarri's attacking plans last season, and now new manager Andrea Pirlo is considering the same formation in his latest tactical switch.

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