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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Dance 10 minutes every day. Write and record a rap song. Absolutely no Facebook (harder than you think). Avoid a randomly chosen Deadly Sin. What starts out as a wacky way to mix up a twenty-something s routine turns into a year of self discovery through fun weekly challenges. Over the course of 52 weeks...

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- Authored by Alex James
- Released at 2015



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