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Bob Harper's Skinny Rules. The simple, non-negotiable principles for getting to THIN! May 14, 2012

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The Skinny Rules: The Simple, Nonnegotiable Principles for Bob Harper is a world-renowned fitness trainer and star of the NBC reality series The Biggest Loser, which

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Jun 12, 2015 Eat What I Tweet Bob Harper starts in this book by explaining how the book actually came about. The husband of one of the contestants on The Biggest Loser

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