

## THE SHOW IT LOVE WORKOUT DUKE KACY YEAGER SELENE%0A

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Book Review: The Show It Love Workout by Kacy Duke  
Let's face it, we all are afraid of growing older. Wrinkles, gray hair, libido slowdown, forgetfulness, weight gain, and muscle loss are probably feared as much as any disease itself.

**The SHOW IT LOVE Workout | Selene Yeager**

Without respect for your body, without the ability to Show It Love, any exercise and diet program is doomed to fail. Once you have built a strong foundation of loving and respecting your body, you will be able to gain the confidence needed to achieve lean, gorgeous body lines you never thought possible without even stepping foot in a gym. Honor your body, and it will give back to you tenfold.

**Kacy Duke (Author of The Show It Love Workout) - Goodreads**

Kacy Duke is the author of The Show It Love Workout (4.30 avg rating, 10 ratings, 3 reviews, published 2007) and The Show It Love Workout (4.33 avg rating,