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By With Darlene Schacht By (author) Candace Cameron Bure

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Actress Candace Cameron Bure ("Full House") offers a candid account of her struggles with food and tells how faith ultimately reshaped her life, giving her true freedom and fitness.

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- Sales Rank: #4300446 in Books
- Published on: 2011
- Number of items: 2
- Binding: Paperback
- 239 pages



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