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Rosemary Conley**

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Rosemary Conley's Hip and Thigh Diet was first published in 1988. It rapidly became popular (particularly in the UK), staying at the top of the bestseller lists for

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Rosemary conley | about rosemary conley

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Review: rosemary conley s low fat hip and thigh

weekly classes with exercises (friends of mine used to like these), and (I think?) a red wine diet too, with Rosemary Conley's Complete Hip and Thigh Diet,

Rosemary conley's hip and thigh diet and exercise

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