



Richard Simmons Official Site and Clubhouse: Weight Loss and Fitness Tools and Motivation

Richard Simmons Store

"Love Yourself and Win" DVD

\$14.95

Love Yourself and Win includes:

- Richard's unique and motivational steps to positive self-esteem and permanent weight loss
- Richard's personal introduction
- Testimonials and success stories

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Approximate Running Time: 40 Minutes

****This is a motivational DVD only, it does not include exercises.****

[Vendor Information](#)