

# BOB HARPER

#1 New York Times  
bestselling author of  
**THE SKINNY RULES**

with GREG CRITSER

A man with a short brown beard and mustache, smiling at the camera. He is wearing a black long-sleeved polo shirt. The background is a light blue gradient.

## JUMPSTART TO SKINNY

The Simple, 3-Week Plan for  
Supercharged Weight Loss

# Bob Harper Jumpstart To Skinny

**Thomas Griffiths**



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