

The background of the book cover is a photograph of a woman's midsection. She is wearing a grey t-shirt and dark blue jeans. A yellow measuring tape is wrapped around her waist, with her hands holding the ends. The tape shows measurements in inches, with 27, 28, 29, 30, and 31 visible. The title 'Lose Your Mummy Tummy' is written in large, red, 3D-style letters across the left side of the image.

Lose Your Mummy Tummy

For moms
of any age —
no matter when
you had a baby

THINK BEAUTY

*Flatten your stomach NOW
using the groundbreaking
Tupler Technique*

Preface by
Elle Macpherson

Introduction by
Gae Rodke, csm

Julie Tupler, R.N. with Jodie Gould

Lose Your Mummy Tummy Paperback

Puja Mehta



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