

Better Homes and Gardens

*Super*

# SHAPE-UP



# Super Shapeup Program

**G Thomas**



**Super Shapeup Program:**

Fuel your quest for knowledge with is thought-provoking masterpiece, Dive into the World of **Super Shapeup Program** . This educational ebook, conveniently sized in PDF ( Download in PDF: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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amanda owen aka the yorkshire shepherdess was a central figure on our yorkshire farm the channel 5 fly on the wall show

that followed her husband clive and their nine children as they carried out daily duties on their remote farm

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will be starring in more4 s new programme amanda owen s extraordinary farming lives the mum of nine propelled to fame

when she first appeared on channel 5 in our yorkshire farm showcasing her rural life in the heart of north yorkshire

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owen first gained attention through her twitter feed as the yorkshire shepherdess and has subsequently written five books the yorkshire shepherdess a year in the life of the yorkshire shepherdess adventures of the yorkshire shepherdess tales from the farm celebrating the seasons 28 october 2021 isbn 978 1529056853

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