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Debbie rosas (author of the nia technique)

Debbie Rosas is the author of The Nia Technique The High-Powered Energizing Workout that Gives You a New Body and a New Life by Debbie Rosas,

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~ DEBBIE ROSAS, Co-founder of The Nia Technique and co-author of The Nia Technique: The High Powered Energizing Workout that Gives You a New Body Nia Technique

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Carlos rosas bio

he and Debbie Rosas created the Nia Technique, Energizing Workout That Gives You A New Body and A mastery are Carlos passionate life

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