



## How to Be Happy, Healthy - and Hot: The Ultimate Gay Lifestyle Guide

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By Sven Rebel

Bruno Gmuender GmbH. Paperback. Book Condition: new. BRAND NEW, How to Be Happy, Healthy - and Hot: The Ultimate Gay Lifestyle Guide, Sven Rebel, The perfect guide for the gay guy: from the best grooming tips to the most effective fitness routines for those really hard-to-fix areas. Down-to-earth advice about flirting, about the first date - even about how to gently get rid of that pesky lover once the fun's over. This book is full of useful and entertaining information, so that not just your small talk will be well lubricated. You'll learn about six-packs, the best new diet tips, cool cocktails for a hot date, essential facts about your health, and even expert advice about keeping a beautiful home. Whether you're a top or a bottom, this book is a must-have for the gay man who wants to stay on top of his game.



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