

**Redefine Yourself: The Simple Guide To Happiness By  
Michael Moody**

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About Michael Moody: Michael Moody is the former fitness expert on NBC's The Biggest Loser/MSN Chicago tour. The owner of a successful Chicago personal

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About Michael Moody: Michael Moody is the former fitness expert on NBC's The Biggest Loser/MSN Chicago tour. The owner of a successful Chicago personal

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