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Jane Garton is an accomplished author, *Tesco Healthy Living* and *Pink Ribbon* magazine. Her previous titles for Spruce include *Happy - 100 tips to Feel Great*, [elite strike force!.pdf](#)

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Former editor of *Top Sant* , a leading British health and beauty magazine, Jane Garton is now a freelance editor and writer. Jane lives in London and has contributed [ariel.pdf](#)

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Former editor of Top Sant , a leading British health and beauty magazine, Jane Garton is now a freelance editor and writer. Jane lives in London and has contributed

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