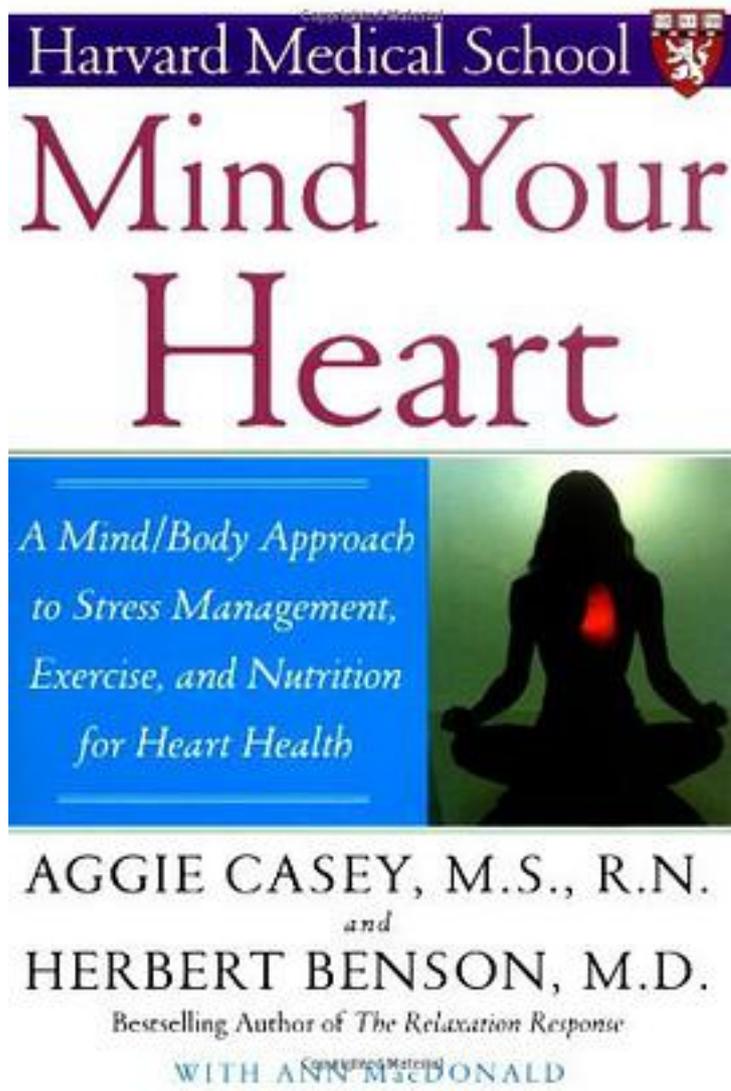


Mind Your Heart T



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著者:Casey/Benson

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Outlines a holistic program for heart wellness that combines relaxation response techniques, nutritional information, and exercise, in a guide that identifies the links between heart disease and cognitive perceptions while advising readers on how to address multiple risk factors. Original. 20,000 fi

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