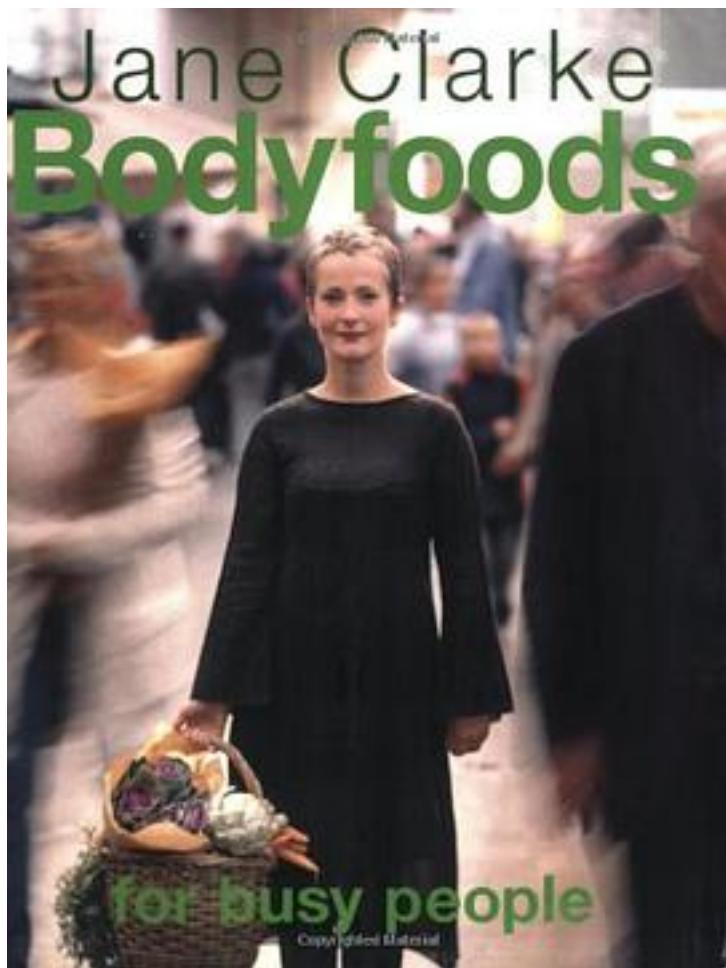


# Bodyfoods for Busy People



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著者:Clarke, Jane

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Aiming to show how even those with the most hectic lifestyle can eat foods that will nurture and energize them, this innovative guide to eating right offers suggestions for

all modern life's most common ills: from hangovers to jet lag. With 100 recipes and ideas, it shows how to get the nutrients the body needs to feel truly alive and juggle life and the demands of it.

作者介绍:

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