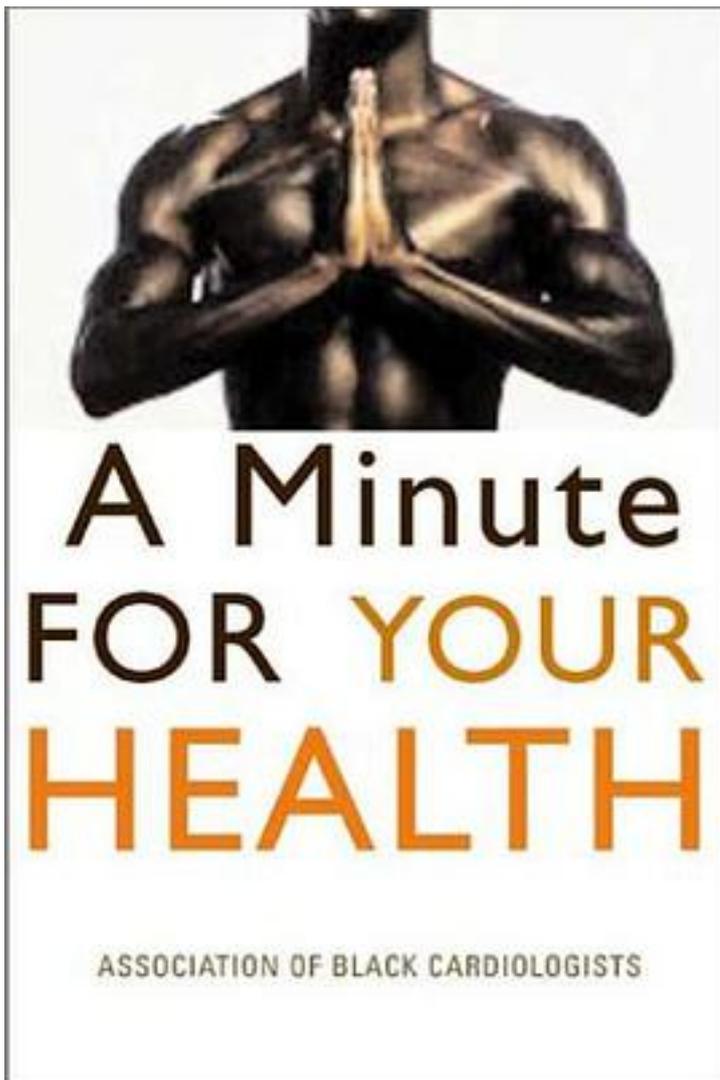


Minute for Your Health



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出版者:Independent Pub Group

出版时间:2003-1

装帧:Pap

isbn:9780967525891

Spiritual health tips for people of all faiths Addressing the twin issues of healthy living and spiritual understanding, this assortment of 52 health tips, one for each week of the year, presents solid advice on the relationship between the mind, body, and spirit and the role of health care professionals in healing the spirit. Quotations from spiritual teachings complement the pithy, updated medical advice. Topics covered include healthy eating, exercise myths and truths, stress reduction, disease prevention, heart disease, blood pressure, diabetes, and laughter as good medicine.

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目录:

[Minute for Your Health_ 下载链接1](#)

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