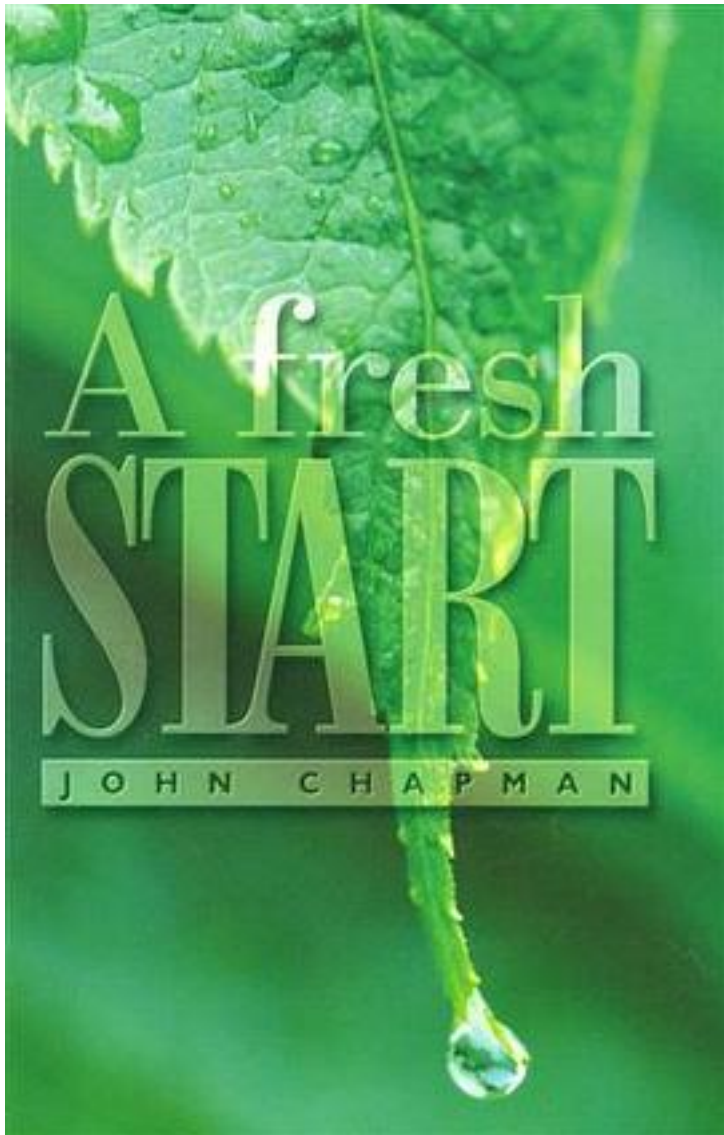


A Fresh Start



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出版者:Celestial Arts

出版时间:2004-09-01

装帧:Paperback

isbn:9780890879962

A comprehensive lifestyle resource, whole foods cookbook, and step-by-step retreat guide, A FRESH START is sure to appeal to anyone who is serious about slimming down, firming up, and taking years off both their looks and their outlook. Dr Jones has already made outstanding contributions in the fields of health, education, fitness, and longevity as a teacher, a consultant, a motivational speaker, and the author of ten books and hundreds of articles. Her definitive volume, A FRESH START, is the culmination of more than thirty years of teaching at UCLA, ongoing research, and personal experience.

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