

30 Days to Better Health



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出版者:Fulcrum Pub

出版时间:

装帧:Pap

isbn:9781555915704

Sometimes we need a kick in the butt. This little book will motivate you to start practicing healthy habits and to think more carefully about food, exercise, and your body on a daily basis. Armed with these simple instructions and inspiring anecdotes, you will find your health improving each day. This efficient guide is broken down into 30 chapters, and pages are laid out in a concise, entertaining, and easy-to-read format. This is one of the first two books in the Little Kick in the Butt series, which focuses on timely topics for women of all ages. Other forthcoming titles include 30 Days to Relieving Stress and 30 Days to Eating Right.

作者介绍:

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