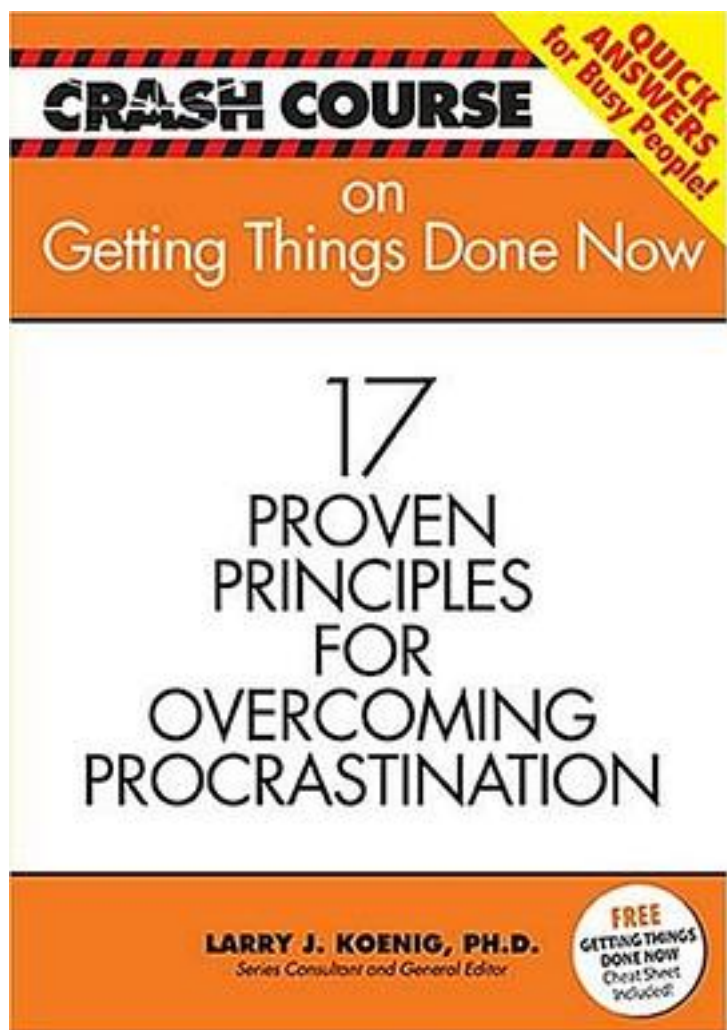


Crash Course



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著者:Gilroy, Mark

出版者:Thomas Nelson Inc

出版时间:2006-11

装帧:Pap

isbn:9781404186545

In just 176 pages, readers will learn 21 valuable tips on how to look and feel better. The

topics will help the reader make healthy changes to their diet and lifestyle that will result in a more healthy and happy outlook on life The tone of the book is encouraging and helpful and readers will immediately begin to gain peace of mind-and action plans for their new healthy lifestyle.

作者介绍:

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