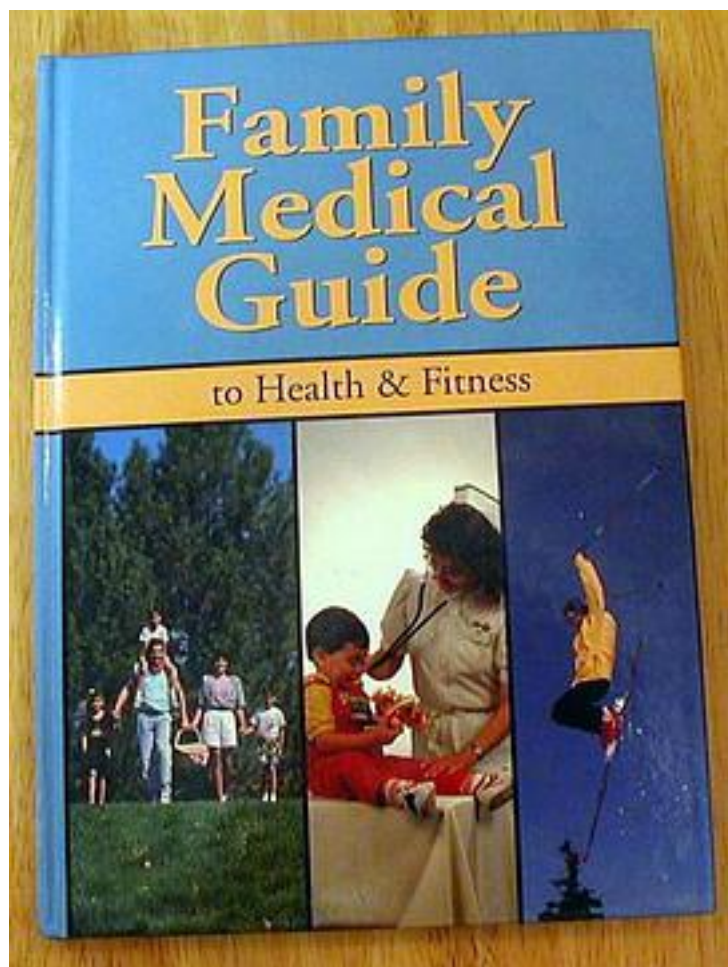


Family Medical Guide to Health & Fitness in three volumes illustrated Volume 1



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著者:Mervyn G. Hardinge, M.D., Dr.P.H., Ph.D. Harold Shryock, M.A., M.D.

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This 3-volume set is based on the 3 principles of providing the most up-to-date medical advice available at the time of publication, belief that prevention is more important than cure, and the conviction that there is a close relationship between physical and spiritual help. Volume 1 has an entire section dealing with spiritual and emotional health. The whole purpose of the Family Medical Guide is not only to help you have a strong, healthy body but also to help develop a strong mind and a closer relationship with your Creator. Volume 1 is a display copy.

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