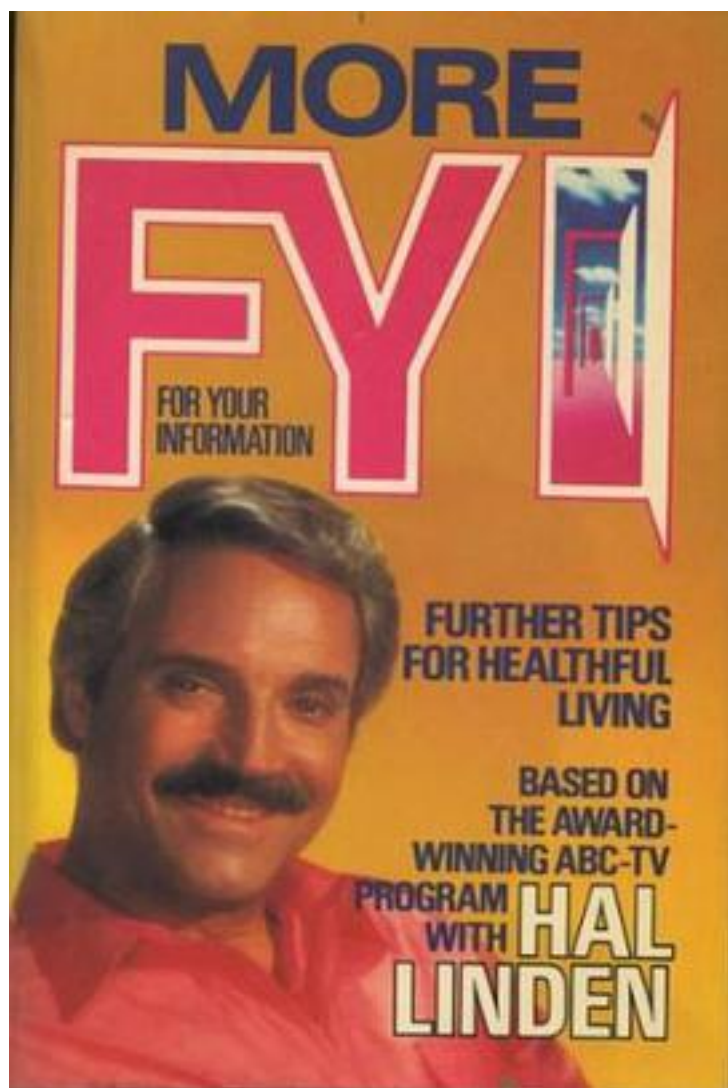


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著者:Hal Linden

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This second FYI book,like the television show ,offers advice on healthful living ,in question-an-answer form.you will find some of the lastert information on subjucts such as keeping fit,eating well,and staying healthy.following the questions and answers is a section withe brief updates of selected items from the first book. thers are also four appendixes,which supplement certain entries.for those readers who want sepcific information about a particular topic ,thers is a detailed index at the back of the book.so whether you are reading for pleasure or are in search of the latest information about nutrition.you can find what you are looking for.

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