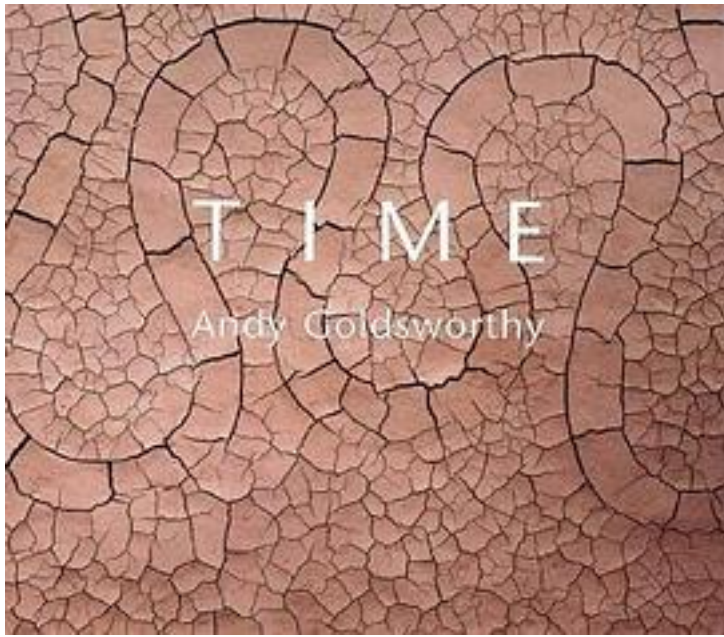


Time



[Time_下载链接1](#)

著者:Editors of Time Magazine

出版者:Time

出版时间:2008-12-16

装帧:Hardcover

isbn:9781603200509

Intended for readers of all ages, this book is designed for easy access, and will be of special interest to parents and to aging Britains. Informative graphics, charts and Top Ten lists - along with fascinating photographs and computer images - clarify the scientific research that is revealing unexpected links between our minds and our bodies, between nutrition and mental health, exercise and energy, spiritual health and physical well-being. "Time Your Body" is a must read for everyone...Everyone with a body, that is.

作者介绍:

目录:

[Time_ 下载链接1](#)

标签

评论

[Time_ 下载链接1](#)

书评

[Time_ 下载链接1](#)