

Teach Yourself Living Longer, Living Well



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著者:Jenner, Paul

出版者:

出版时间:2008-11

装帧:

isbn:9780071582957

Live better and add to your longevity "Teach Yourself Living Longer, Living Well" features a 10-step program for a happier, healthier life. It offers you sound advice on health and fitness issues and covers diet and relaxation.

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