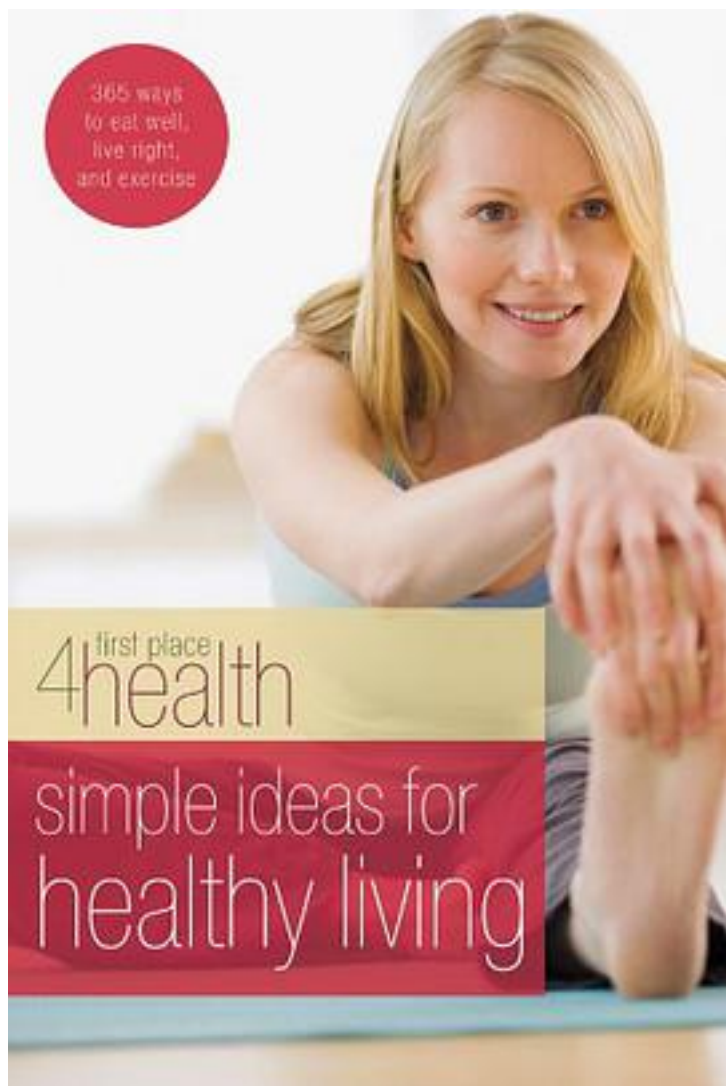


Simple Ideas for Healthy Living



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著者:Not Available (NA)

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Simple Ideas for Healthy Living contains health tips and health instruction sheets. It's divided into the four areas: spirit, mind, emotions, and body. It also addresses various health topics for individual instruction and discussion in group sessions.

作者介绍:

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