



Explaining Health: What You Need to Know to Stay Healthy, Expanded Second Edition

By Marcia Degelman

Be Well Press, United States, 2011. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Explaining Health is a handy guide to a healthy lifestyle, in an easy to read format. It describes healthy populations around the world, and explains what makes food healthy. It provides motivation for exercise, and describes T ai Chi, Yoga, sleep hygiene, and heart health. Includes important information on the prevention of diabetes, heart disease and cancer, the physiology of stress, and techniques for stress reduction, including meditation, massage therapy and bodywork, ergonomics and guided visualization. Practical tips for dealing with muscles strains and colds and flu. Additional new chapters focus on Chinese Medicine and Ayurveda.



Reviews

Extensive guide for publication fans. It can be rally exciting through studying time. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Maurine Rohan

It in a single of my personal favorite book. I really could comprehended almost everything using this composed e book. Your daily life period will be enhance the instant you complete reading this article pdf.

-- Haskell Osinski

Other Kindle Books



Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged)

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the sphere of learning to read. This...



Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a Time

Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



Eat Your Green Beans, Now! Second Edition: Full-Color Illustrations. Adorable Rhyming Book for Ages 5-8. Bedtime Story for Boys and Girls.

Createspace, United States, 2015. Paperback. Book Condition: New. Donnalee Grimsley (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Edition #2. Now available with full-color illustrations! JoJo is an active and happy 4-year old boy. 4-year...



Next 25 Years, The: The New Supreme Court and What It Means for Americans

SEVEN STORIES PRESS, 2008. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving your order. Orders are dispatched Monday â" Friday....