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40 DAYS TO BETTER LIVING--OPTIMAL HEALTH



Barbour Co Inc, United States, 2011. Paperback. Book Condition: New. 193 x 135 mm. Language: English . Brand New Book. You want to feel better--and 40 Days to Better Living: Optimal Health provides clear, manageable steps to get you there, through life-changing attitudes and actions. If you re ready to really live better, select one or more elements of the 7-step Model for Healthy Living--Faith, Medical, Movement, Work, Emotional, Family and Friends, and Nutrition--and follow the 40-day plan to improve...

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- Authored by Dr Scott Morris, Church Health Center
- Released at 2011



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