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Balboa Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Need to take off or put on some pounds? Get rid of pain? Get back your energy? Cut down on your need for medications. At sixty, I did too. I m thankful I learned how to accomplish this and make the process fun! At seventy-five, I feel great! If I can do it, you can do it....

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- Authored by Barbara Bobbie Horowitz
- Released at 2015



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