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HEALTHY LIVING PLANNER: LIVE A HEALTHY LIFE - EVERY DAY!



Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Get your healthy lifestyle started! ** Thematic journal / notebook ** Unique concept. Simple and effective: REDUCED TO THE ESSENTIALS OF A HEALTHY LIFE! Also ideal to support weight loss. Not linked to any specific diet system. Living a healthy life does not have to be complicated. Actually, the basic elements of living healthy are known by everyone:...

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- Authored by Michael Csoff
- Released at 2015



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