

15

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Total Wellbeing ,2004 From exercise to massage and from detox diets to meditation this volume is packed with practical solutions to help you cope with today s pace of life from back cover Energy Forever Sid Kirchheimer,Gale Malesky,1998

From the Prevention magazine authorities that readers trust comes this big 576 page reference that is one of the few books that provides advice on commonly experienced modern day fatigue rather than chronic fatigue syndrome Plus it includes an exclusive recipe section for instant energy fuel **Mind-body Therapies** ,1987 **New York** ,1998

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