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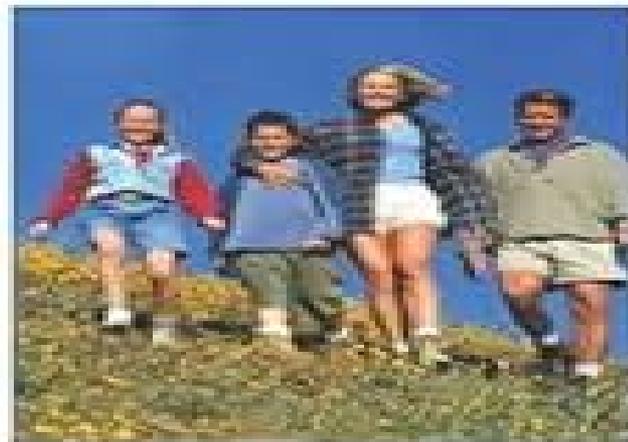
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—Greg Landry, M.S., author and exercise physiologist

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- ◆ Simple steps you can take to achieve and maintain total health
- ◆ Expert advice on getting the right nutrition and exercise, and managing stress
- ◆ Healthful hints to avoid illness and increase longevity

Patricia Burkhart Smith and
Muriel MacFarlane, R.N., M.A.,
with Eugene Kalnitsky, M.D.



Complete Guide Idiot Wellness

Robert R. Redfield



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