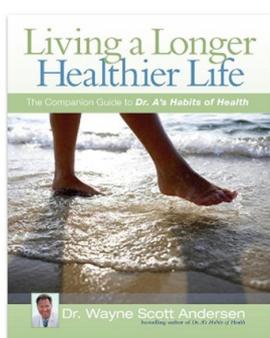


[PDF] Living A Longer, Healthier Life: The Companion Guide To Dr. A's Habits Of Health

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Books Details:

Title: Living a Longer, Healthier Li

Author: Wayne Scott Andersen

Released: 2010-05-15

Language:

Pages: 200

ISBN: 0981914624

ISBN13: 9780981914626

ASIN: 0981914624

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Description:

This workbook serves as the companion guide to the best-selling book Dr. A's Habits of Health, a comprehensive manual designed to give you control of your daily habits and behaviors in order to create a life of vibrancy and optimal health. Living a Longer, Healthier Life is a critical piece of self-actualization. It's the difference between just reading about creating health and actually doing it.

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