
Minding Your Body: 100 Ways To Live And Be Well

Joseph S. Rechtschaffen

No usual self-help book, Minding Your physique motivates you to devour and stay healthfully via a chain of a hundred short, interesting, fact-filled essays and some crucial recipes and all-purpose guidelines. The essays provide help to keep up a correspondence together with your physique and encourages you to consume and dwell certainly in each way.

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