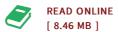




Prescription for Health and Long Life: A Dose of Common Sense

By Shawn Konecni

Breakout Concepts LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ****** Print on Demand ******. Covers diet, supplements, food preparation, additives, chemicals, pollution, germs, radiation, skin protection, exercise, sleep, stress, and more! Most of us would probably like to live a long time. More importantly, most of us would like to enjoy a high quality of life for as long as possible. Unfortunately, bad habits, poor nutrition, dirty air, diseases, and even bad luck threaten to rob us of our vitality and shorten our lives. When we attempt to take control of our own health, we are inundated with an endless supply of information, much of it conflicting and ineffective. As a result, instead of being proactive, we end up confused and discouraged. However, there is good news. The answers to all of our questions are right in front of us. We just need to take a step back and use some common sense to see it. This book will make that process easier. It sifts through the deluge of information in order to discern what is most important for health and long life. Now, we won t have to...



Reviews

A whole new e book with a brand new perspective. Indeed, it is enjoy, continue to an interesting and amazing literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Fhha Hill

This book will not be straightforward to start on studying but really fun to read. it absolutely was writtern really flawlessly and helpful. You can expect to like just how the writer write this publication.

-- Glenna Goldner

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Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



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Createspace, United States, 2015. Paperback. Book Condition: New. Donnalee Grimsley (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Edition #2. Now available with full-color illustrations! JoJo is an active and happy 4-year old boy. 4-year...



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Give Thanks: Thanksgiving Stories, Jokes for Kids, and Thanksgiving Coloring Book!

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Happy Thanksgiving! Your child will enjoy this cute Thanksgiving book full of fun stories, jokes, and a...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English. Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



Daycare Seen Through a Teacher's Eyes: A Guide for Teachers and Parents

America Star Books, United States, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Between the good mornings and the good nights it s what happens during the day I want the...