



Preventative Maintenance for Living a Life of Health and Wellness (Paperback)

By Rj Smith - Head Maintenance Man

Dorrance Publishing Co., United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. RJ Smith - Head Maintenance Man knows the secret to a long, healthy life, and it isn t a trendy diet or a piece of exercise equipment sold by a celebrity in an infomercial. Smith is an octogenarian who has lived a pretty typical life. He was a smoker. He was a drinker. He was overweight. But he has changed his ways and is now healthier than ever. And he will share his simple secrets with you in his new book. It s not magic. It s just simple, sensible living. Smith can teach you easy, cost-effective measures for eating right, exercising, and more. In a few short pages, you will learn to structure your diet, maximize the calories you burn in only a few short minutes per day, and take only the most beneficial and cost effective vitamins and supplements. Smith draws from his decades of real-world experience to teach you how to live a life worth living. RJ Smith is 83 and knows a thing or two about how to live life-both the right way and the wrong...



Reviews

A must buy book if you need to adding benefit. it was actually writtern quite perfectly and beneficial. You wont really feel monotony at anytime of your time (that's what catalogs are for regarding in the event you question me).

-- Kian Jacobi

Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Timothy Lynch

Other Books



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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...



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Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)

Dover Publications, 2011. Paperback. Book Condition: New. No Jacket. New paperback book copy of A Dog of Flanders by Ouida (Marie Louise de la Ramee). Unabridged in easy to read type. Dover Children's Thrift Classic. Reprint of original edition. Green edition. Mineola...



Pickles To Pittsburgh: Cloudy with a Chance of Meatballs 2

Atheneum Books for Young Readers, 2000. Paperback. Book Condition: New. No Jacket. New paperbook print book copy of Pickles to Pittsburgh: Cloudy with a Chance of Meatballs 2 written by Judi Barrett. Drawn by Ron Barrett. New York: Athenium Books for Young...



D Is for Democracy A Citizens Alphabet Sleeping Bear Alphabets

Sleeping Bear Press. Paperback. Book Condition: New. Victor Juhasz (illustrator). Paperback. 40 pages. Dimensions: 11.0in. x 9.8in. x 0.2in.Despite the banter in todays media, many Americans are still in the dark when it comes to knowing and acting upon their rights and...