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## A Token of Love for Your Body's Health and Beauty: Practical Guides to Improve Your Appearance and Fitness (Paperback)

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By A M Zain

Partridge Singapore, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Modern lifestyle exposed many health threats to the population through rapid changes in technology and new materials designated to meet the market demand. This will change how people's work, socialize and adapt to the environment. Complex life challenge has led to the development of stress, new disease outbreak and infection. The knowledge on healthy diet, balance nutrient, health care and fitness practices are vital for all. Discover simple techniques and tips on de-stress, counter aging effect and toning your muscles for the healthier body while gaining the lean shape. Protect your body from physical and mental health risks, and reduce the affected diseases by natural way not only improve life but also save your spending on medicine and consultation fees. The health is your genuine wealth and the beauty is signature of healthy body A.M. Zain.



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