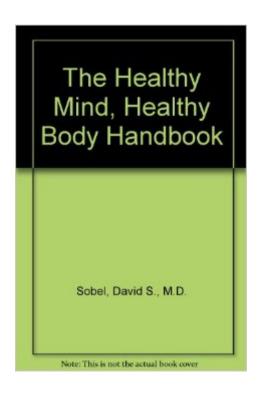
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The Healthy Mind, Healthy Body Handbook





Synopsis

A valuable new kind of prescription for health and well being. It offers easy-to-understand practical advice on improving physical health and leading a happier, more productive life. This book not only explains the important benefits of a healthy mind and body in simple, understandable language, but gives you practical ways to improve how you feel today. From how to manage stress, moods, and illness to communicating effectively, this book offers guidance that can make a positive impact on your life now and in the future. --This text refers to an alternate Paperback edition.

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