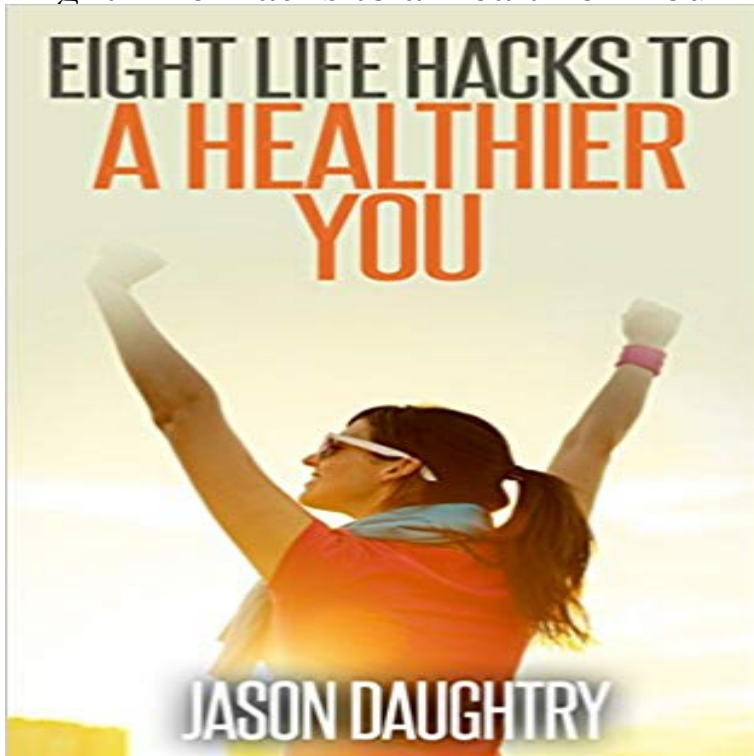


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Focuses on eight different methods to become healthier. Examines general fitness, cardiovascular, weight training, yoga, tai chi chuan, skin care, weight loss and nutrition. This book will give you a rudimentary understanding of each area so you can make more informed decisions on how to incorporate changes from small to big into your hectic life and become healthier. Many practical tips and solutions to fit many ideas into the most hectic of schedules. Learn how to become healthier and increase concentration and reduce stress, while your body grows healthier and stronger. Learn to boost your metabolism and immune system, by learning what's decreasing them and how to cut that out of your life. This book offers many options that one can use to make a blueprint to redesign their health for life.

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