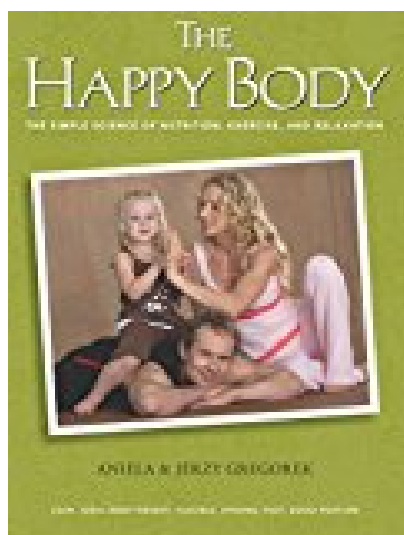


The Happy Body The Simple Science of Nutrition Exercise and Relaxation



BOOK DETAILS

- Author : Aniela and Jerzy Gregorek
- Pages : Pages
- Publisher : Jurania Press
- Language : English
- ISBN :



BOOK SYNOPSIS

This is a total health program, not just an exercise/diet plan. In addition to teaching you how to lose weight, the program helps you to restore the flexibility and posture you had as a child, and to be leaner, stronger, and faster than you have ever been.

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