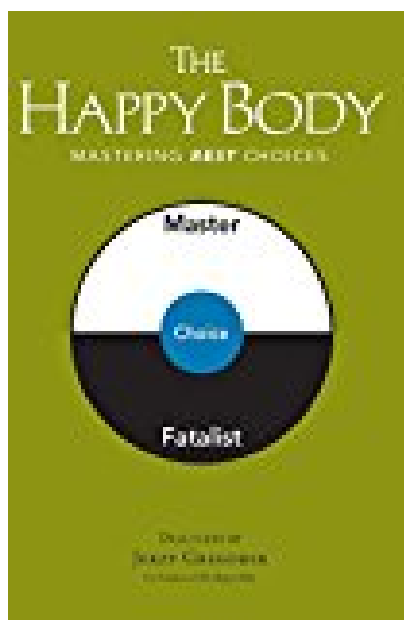


# The Happy Body Mastering Rest Choices

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## BOOK DETAILS

- Author : Jerzy Gregorek
- Pages : Pages
- Publisher : The Happy Body Press
- Language : English
- ISBN :



## BOOK SYNOPSIS

If you want to become truly lean and fit, you must work at it like an athlete, following a structured routine. The principles that work for athletes also work for ordinary people of all ages. Athletes, of course, have coaches. The Happy Body program will teach you everything you need to know to be your own coach. The Happy Body is a total health program, not just an exercise or diet plan.

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