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COLOR IN A NEW HABIT: HEALTH (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Elizabeth Crooks (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Experts in health and fitness say to start your day off right with a good breakfast, proper hygiene and a little exercise.the physical stuff. But what about the mental stuff? The human mind is an incredibly powerful computer system, and we can use this power to our advantage with simple programming techniques. Depending on which expert...

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- Authored by Elizabeth Crooks
- Released at 2016



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