LL A Wellness Way of Life w/ CNCT Plus Access Card

Gwen Robbins, Debbie Powers, Sharon Burgess

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LL A Wellness Way of Life w/ CNCT Plus Access Card Gwen Robbins, Debbie Powers, Sharon Burgess Based on solid research, A Wellness Way of Life makes sense of the array of the confusing and sometimes contradictory health information that bombards us everyday. The authors minimize technical jargon and present health topics and issues in a clear and accessible way. A Wellness Way of Life gives you accurate, upto-date information about exercise, nutrition, stress, heart disease, weight management, and much more. Knowledge is power, and A Wellness Way of Life empowers you with the knowledge you need to make smart health decisions.

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