



The Common Sense Guide to Healthy Living: Eight Weeks to a Healthier Life

David Perrine

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The Common Sense Guide to Healthy Living provides you with a simple, yet comprehensive approach to complete wellbeing - physically, nutritionally, emotionally, and spiritually. Containing the key principles of health, this book presents a broad, yet straightforward wealth of information. Providing you an eight week program with clear steps that are easy to implement, The Common Sense Guide to Healthy Living will help you transform your life.

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