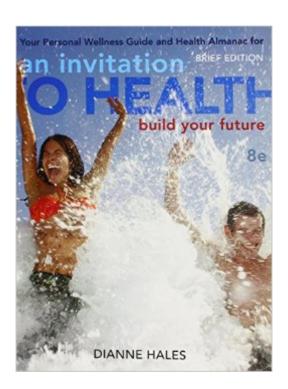
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Personal Wellness Guide For Hales' An Invitation To Health: Choosing To Change, Brief Edition, 8th





Synopsis

This powerful workbook includes a brief discussion of the current theories behind making positive lifestyle changes, along with exercises to help students make those changes in their everyday lives.

Book Information

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