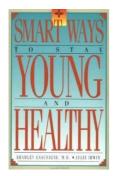
## Find Book

## SMART WAYS TO STAY YOUNG AND HEALTHY.



Ronin Publishing April, 1992, 1992. Paperback. Book Condition: Brand New. Brand new! Midwest Book Review\nSmart Ways to Stay Young & Healthy is an easy-to-read book giving practical suggestions for common-sense ways to be healthy. Advice ranges from simple avo9dance of risks, like using a seat belt and avoiding passive smoke, to more complicated information on AIDS, immunization, and first-aid care. Smart Ways to Stay Young & Healthy tells how to keep the body in great shape with "power naps" and...

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- Authored by Bradley Gascoigne, Julie Irwin.".
- Released at 1992



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## Reviews

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