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TRUE HEALTH, THE INSIDE JOB



Kat Elton, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.What is health? Is health found in a blood test result or x-ray? Is health the absence of disease or something else entirely? For author Kat Elton, who has lived with a chronic, painful disease since age two, true health is a way of life. It takes daily practice, diligence, and the commitment to yourself that no...

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- Authored by Kat Elton
- Released at 2015



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