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Total Health Upgrade Peak Performance For Executives And Professionals Dr. Bruce Eichelberger, OMD

TOTAL HEALTH UPGRADE: PEAK PERFORMANCE FOR EXECUTIVES AND PROFESSIONALS

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Total Health Upgrade A step-by-step program for executives and professionals to improve their health, productivity and performance. Busy executives and professionals don t always take time to optimize their health. And just when they are hitting their peak years of productivity, that s usually when their health starts to decline. Symptoms of this often include less energy, poorer...

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- Authored by Dr Bruce Eichelberger Omd
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