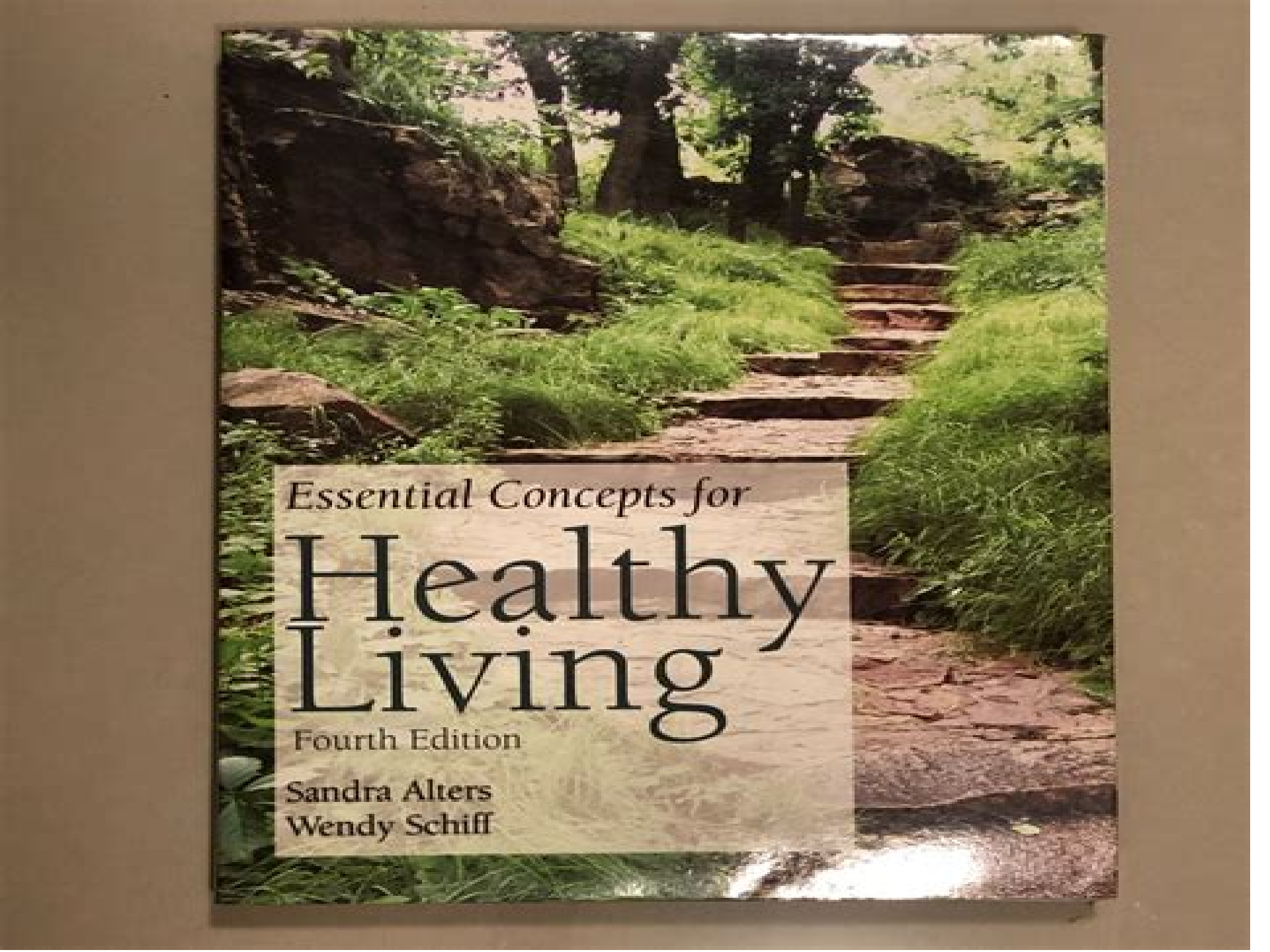




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Fourth Edition

Sandra Alters
Wendy Schiff

Concepts For Healthy Living

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Living contains health tips and health instruction sheets It s divided into the four areas spirit mind emotions and body It also addresses various health topics for individual instruction and discussion in group sessions **Years of Healthy Life**

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