



50 Health Tips for Better Living: Advancing Your Physical and Mental Wellness (Paperback)

By Robert Emmanuel Chiduku

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. It has come to age that individuals must play a pivotal role in looking after themselves and promote good health practices. 50 Health Tips For Better Living provides a good cocktail of nuggets that every individual can use in promoting and propelling healthy lifestyles. It is the mandate of every individual to be the champion of good health practices in order to achieve common good and preserve the future. This book will provide you with the critical essentials that you need to be a true health champion: eye care, mouth care, depression and anxiety, sexual abuse awareness, drug abuse control, wound care, weight loss, skin care, breast feeding and human lactation, breastfeeding essentials, pregnancy essentials, happiness and success and smoking cessation among other success principles to a healthy you.



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Reviews

A top quality ebook and the font used was fascinating to read through. It is written in easy terms and not confusing. Its been written in an remarkably easy way in fact it is simply after i finished reading through this publication through which actually altered me, alter the way i believe.

-- **Roberto Block**

This book will never be easy to start on reading but quite exciting to see. It is actually rally intriguing throgh looking at period of time. Your daily life span will be convert once you total looking over this book.

-- **Torrance Vandervort**