



## Knew as early health: healthy middle-aged self-management manual [Paperback](Chinese Edition)

By JI JIN

paperback. Condition: New. Paperback Pages Number: 242 Language: Simplified Chinese Publisher: China City Press; 1 (January 1. 2007). Knew as early as healthy: the middle-aged healthy self-management manual to help readers understand the health knowledge. an increase of health wisdom. master health shortcuts to take healthy action. have a healthy physique. and enjoy a healthy life. I had known earlier health: the middle-aged healthy self-management manual from the six aspects of diet. exercise. health. health care. dis.



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