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Rebecca Rovay-Hazelton



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Choosing Health: A One-Size-Doesn't-Fit-All Guide to Diet, Exercise and Motivation Rebecca Royay-Hazelton,2010-06-23 Choosing Health A One Size Doesn t Fit All Guide To Diet Exercise Motivation is a how to book that teaches people how to turn mundane decisions about food and exercise into opportunities for choosing healthier lives Choosing Health takes readers on a journey of self exploration to understand how to take charge of their health By the end of the book readers will have a bag full of tools to improve their health and the motivation to use their new tools Find out more at www.choosinghealthnow.com

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