

Slimming: An Oriental Approach

Soraya

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Slimming An Oriental Approach

WJ Hussar



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Slimming Soraya,1973 *Slimming* Soraya,1974 *The Yin Yang Guide to Weight Loss - lose weight through the balance and harmony of the ancient Chinese tradition of yin and yang* Lily Li Hua,2018-02-22 China is ranked as one of the world s slimmest nations and the secret to its people s healthier and happier lifestyle has been ingrained in its culture for thousands of years they believe that life should be aligned with nature and follow the basis of the yin and yang theory of balance the 2000 year old philosophy from the philosopher Lao Tzu that states a part can only be understood through its relationship to the whole In *THE YIN YANG GUIDE TO WEIGHT LOSS* Chinese doctor and nutritionist Lily Lihua lets you into these ancient slimming and wellness secrets as well as providing easy recipes and exercises that you can easily incorporate into your daily life Learn how life should really be lived to help you lose weight feel energised and be in control of your health and well being Oracle at the Supermarket Steven Starker,2002-01-01 Oracle carefully explores the dangers and benefits of diet and exercise books sex manuals and self actualization schemes It is a timely and fascinating work and will be of great interest to health care providers and thoughtful consumers Joseph D Matarazzo American Psychological Association

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