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# Tés energéticos

Fitness y belleza  
en una taza

# Tes Energeticos Fitneb Y Belleza En Una Taza

**Christina Kempe**



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**Tés energéticos** Christina Kempe, 2004-09 Beautifully packaged pocket sized references to feeling good inside and out these guides focus on nutrition and exercise with advice tips and methods for achieving maximum physical and mental health Bellamente empacadas referencias port tiles de c mo sentirse bien por dentro y por fuera estas gu as para la buena salud se concentran en la nutrici n y el ejercicio con ideas consejos claves y m todos para alcanzar la m xima salud f sica y mental

*Boletín bibliográfico mexicano* ,2005      **Bibliografía española** ,2003      Tés energéticos Christina Kempe, 2003

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