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## THE OVERWORKED PERSON'S GUIDE TO BETTER NUTRITION: SIMPLE STEPS YOU CAN TAKE TO EAT WELL, REDUCE STRESS, AND IMPROVE YOUR HEALTH



American Diabetes Association. Paperback. Book Condition: new. BRAND NEW, The Overworked Person's Guide to Better Nutrition: Simple Steps You Can Take to Eat Well, Reduce Stress, and Improve Your Health, Jill Weisenberger, The Overworked Person's Guide to Better Nutrition offers bite-sized tips for busy people who want to make time for good nutrition, but feel trapped by their hectic schedules. Responding to the number-one obstacle she hears from clients who have trouble staying healthy -- "I don't have time!" --dietitian,...

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- Authored by Jill Weisenberger
- Released at -



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This composed book is wonderful. It is amongst the most awesome book i actually have read through. You will like the way the author create this publication.

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