



Optimize Your Day!

*Practical Wisdom
for Optimal Living*



Roberta Shaler, PhD

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including guidelines for choosing proper foods Section two focuses on the daily training diet and helps athletes create meal plans for their own particular needs A final section addresses detailed nutrition guidelines specific to each sport *Small Farm Today* ,2002 The New York Times Book Review ,1985 Presents extended reviews of noteworthy books short reviews essays and articles on topics and trends in publishing literature culture and the arts Includes lists of best sellers hardcover and paperback The Publishers Weekly ,2008 Total Quality Transformations Marlene Caroselli,Philip B. Crosby,1991

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