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**The Fitness Workbook** Murray, John L. Murray (Ph. D.), Charles F. Workman, Workman Publishing, 1989-09 Workout Workbook: 9 Complete Workouts to Help You Get Fit and Healthy Harvard Health Publications, 2009

**The Complete Stress Management Workbook** Thomas Whiteman, Tom Whiteman, Sam Verghese, Randy Petersen, 1996 The authors present a step by step process that defines stress gives pretests for identifying sources of stress in your life identifies unproductive coping strategies and shows how to make a stress management program part of your daily lifestyle Complete with graphs charts and diagrams it is a practical biblical route to worrying less and enjoying life more The Complete Book of Men's Health Men's Health Books, 2000-08-22 Provides information on health related topics exercise diet and personal grooming Complete Book of Beauty Helena Sunnydale, 2005

**The Complete Guide to Physical Conditioning for Golfers** David G. Keir, 1996 The Wharton's Complete Book of Fitness Jim Wharton, 2003

**The Complete Book of Resistance Training** Tony Lycholat, 1990 *The Complete Book of Aerobics* Ann Carpenter, 1984

**Rockport's Complete Book of Exercise Walking** Gary Yanker, 1983 **Waterstone's Guide to Books** Waterstone & Co, 1989 Waterstone's Guide to Books Waterstone & Co., Ltd, 1989

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