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Courage 1000 Timeless Secrets of Health and Rejuvenation in Japanese 2

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Timeless Secrets of Health and Rejuvenation by Andreas Moritz  
This book is a comprehensive guide to health and rejuvenation, covering a wide range of topics from nutrition to energy. It is a must-read for anyone interested in improving their health and vitality.

2003-07-11 30 days of health and rejuvenation secrets

2002-11-15 30 days of health and rejuvenation secrets

2019-09-23 new book helps people tame their illnesses with mind and body power flying in the face of mainstream medicine and society's many health myths there is a book that finally proves that good health is not only easily achievable no matter where you are right now it's your natural state in new expanded edition of timeless secrets of health and rejuvenation bestselling author andreas moritz reveals the most common but rarely recognized reasons behind illness and aging he offers powerful and time tested self help approaches to remove the root causes of illness and achieve continuous vibrant health regardless of age while most physicians attempt to combat or subdue illness which has been known to cause more illness and death than cancer or heart disease they know too little about employing the mind and body to actually help heal a person compiled over the course of 35 years of work and research in the health industry and based on eye opening experiences with thousands of people across the globe timeless secrets of health and rejuvenation reveals everything you need to know in order to unleash the natural healing power that lies dormant within you you may wonder how could one book possibly do all this after all many books make big health promises and then fail to deliver but the answer is simple timeless secrets is different and works because 1 it gives you deeper insights and perspectives that literally put you back into the driver's seat of your body and mind and 2 it reveals literally hundreds and hundreds of controversial yet highly practical secrets proven to trigger health wellness and accelerated healing you'll get little known ancient secrets successfully used for thousands of years plus you'll discover newer ones that have been researched and documented by some of the leading authorities in the world both mainstream and alternative and most importantly you'll discover the very secrets which have worked time and time again for the countless people andreas moritz has helped heal in his 30 years of front line experience no matter what your current level of health and wellness the scores of brand new tips breakthroughs aha moments practices and discoveries you make while reading timeless secrets of health and rejuvenation are sure to help you quickly reclaim life's happiest most valuable possession your health the best part you'll get it all in plain english with step by step do this then do that instructions so there's never an ounce of guesswork thereby empowering you to live with more youthfulness balance and joy from the very first moment you open the book numerous doctors nurses patients and health conscious individuals have called this book the bible of good health for good reasons so why not put timeless secrets to the test it may prove to be the most comprehensive life changing health guide you ever read

2004-06-01

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**Timeless Secrets of Health and Rejuvenation in Japanese** 2008-04-01

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