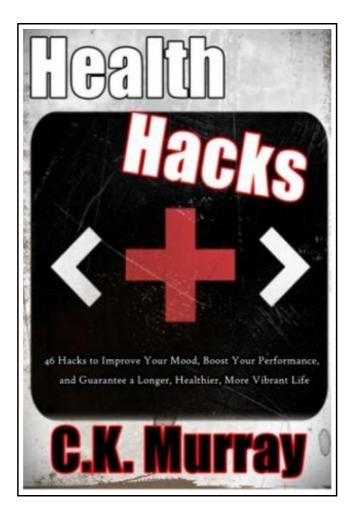
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Reviews

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(Prof. Maya Hand)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. What is Health Hacking? Easy. Health Hacking is the answer. It s the quickest and the most effective way to blow through the fluff and get to the goods. See, if you ve learned anything in life, you know that there is one certainty: complication. Our bodies are complicated, our minds are complicated, and when push comes to shove, there s just too much stuff going on. Everywhere. And every time. So hack it. Stop waiting around like all the other slowpokes and get to the prize. Don t squander your hours, your days, your years of life on this planet waiting around for healthy living. If you seek to live smarter, feel better, and blow the others away-forget what you re supposed to do. Learn the DIY techniques that will improve your mood, manage your stress, boost your health fitness, and lead to a longer, healthier, more vibrant life TODAY. Feel good and feel good about feeling good. Master the health hacks, master the life hacks, master the hacks that will boost your life immediately. Hack your health today. Health Hacks: 46 Hacks to Improve Your Mood, Boost Your Performance, and Guarantee a Longer, Healthier, More Vibrant Life (A Preview) THE HACKS: Chew Away the Fat The Ultimate Sugar Substitute Liquid Metabolism Cool-don t burn-the fat off! Armpit Garnish Less L Bsss, More Z Z Zsss Don t Diet. Diet! Less is More and More is Less Drink the Ocean Creating a Museum of Memories Tart Recovery Carbs are Good! Sleep like Superman Maximize Vitamin Absorption the Natural Way Forget the Pill The Truth About Egg Yolks The T-Factor Squash Your Blood Pressure Nature s Smart...

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