

5 tips to a better health and more well being

Hent bøger PDF



Lita Elisabeth Fridolin

5 tips to a better health and more well being Lita Elisabeth Fridolin Hent PDF Today when we talk about a healthy lifestyle, it is primarily food and exercise we focus on. But there is another important parameter that should be on your agenda. It is very often overlooked and misunderstood. I am thinking about our natural environment. Both indoors and outdoors.

This e-book gives you five practical tips to use the environment to help your health and your well being on your way. With easy resources and minimal effort.

Today when we talk about a healthy lifestyle, it is primarily food and exercise we focus on. But there is another important parameter that should be on your agenda. It is very often overlooked and misunderstood. I am thinking about our natural environment. Both indoors and outdoors.

This e-book gives you five practical tips to use the environment to help your health and your well being on your way. With easy resources and minimal effort.



Download (hent) pdf-bog, pdf bog, pdf e-bog, epub, fb2

Alle bøger. 30 dage gratis prøveperiode