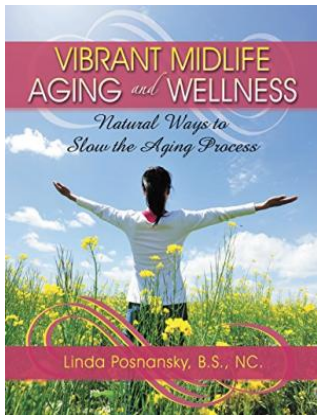


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Linda Posnansky, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Nutrition Consultant Linda Posnansky helps you to take charge of your health by sharing a mind-body approach to quality aging. The book is written as an easy to follow plan to help you to maintain or even regain vibrant health at midlife and beyond, and to prevent age-related diseases such as heart disease, cancer, Alzheimer s, diabetes,...

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- Authored by Linda Posnansky
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