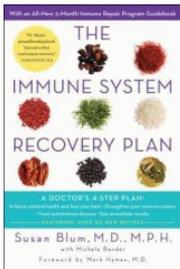


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Dr. Mehmet Oz and Michael Roizen You : The User's Manual. For Caregivers too.\Gary Null and others on Stroke and Heart Recovery. \Louise Hay Meditation:\I allow pleasure and joy back into my thoughts, my beliefs, my prayers, my daimoku, my actions, my spirit, my life, my body, my blood, my marrow, my veins and my thoughts.

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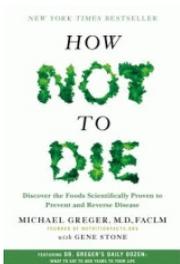
The immune system recovery plan

Susan S. Blum ; with Michele Bender.



Curly girl

by Lorraine Massey, with Michele Bender ; photographs by Gabrielle Revere.



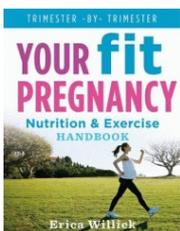
How not to die

Michael Greger, MD ; with Gene Stone.



Just walk.

Leslie Sansone.



Your fit pregnancy

Erica Willick.



Yoga for your pregnancy

featuring Kristen Eykel.

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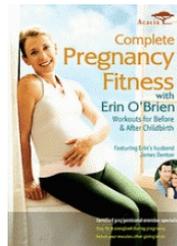
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Super fit mama

Tracy Mallett.



Prenatal fitness fix

produced by Christian Capobianco ; directed by Rebbie Ratner.



Prenatal fitness

produced by Fitmom Media, Inc. ; producer, Andrea Page ; DOP/director, F. Fearon.



How to exercise when you're expecting

Lindsay Brin.