



## Genuine 30 minutes workplace health manual the (workplace Daren regimen Cheats. simple techniques. easily)(Chinese Edition)

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By DE AN DONG NI FEI DE LI GE DI

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-09-01 Pages: 264 Publisher: the Nanhai Publishing Basic information title: 30 minutes workplace health manual (workplace Daren health cheats simple tips. easy to learn. just 30 minutes. work. health not mistaken!) List Price: 28 yuan of: [de] Anthony waiting. Zhang Xiaoyan. Zhang Dan translation Publisher: Publishing House of the South China Sea Date :2012-9-1 ISBN: 9787544258043 Number of words: 166 thousand yards: 264 times: 1 Binding: Paperback: 32 Weight: Editor's Choice is not motionless for work the little crazy? You strive for perfection. always feel physically and mentally exhausted? You want to restore the boundless energy of the past? You all day sedentary. seriously overweight? Are you totally can not spare the time to exercise? In fact. you only need 30 minutes. 30 minutes from the inside to the outside. 30 minutes by itself to the surrounding environment! German professional coaching team teach you 30 minutes soothes the soul. 30-minute workout. 30 minutes adjusting the atmosphere. 30 minutes to create an environment gas field. A book full three-dimensional realization of the low-pressure. high-gas field career new life! Institute...



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