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YOUNGER NEXT DECADE: AFTER FIFTY, THE TRANSITIONAL DECADE, AND WHAT YOU NEED TO KNOW (PAPERBACK)



Barbara Mary Ebel, 2011. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Looking for straight talk when it comes to your health after fifty? Want sound advice for the decade Doctor Ebel calls the transitional decade and beyond? Want to know the why, what, and how to maximize your well-being before it s too late? In fourteen chapters, Doctor Barbara writes with affability and in lay persons language about bodily changes over fifty, smoking...

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- Authored by Barbara Ebel M D
- Released at 2011



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