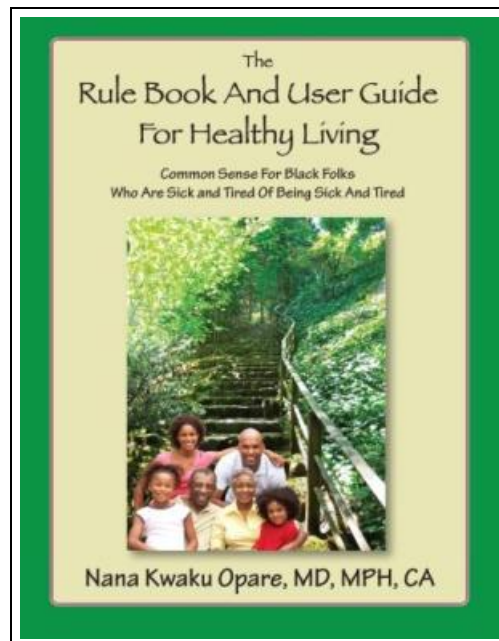


The Rule Book And User Guide For Healthy Living Common Sense For Black Folks Who Are Sick And Tired Of Being Sick And Tired



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Opare Publishing. Paperback. Condition: New. 124 pages. Dimensions: 11.0in. x 8.5in. x 0.3in.The Rule Book And User Guide For Healthy Living is a guidebook for those who are ready to step off the beaten track of ever-increasing disease, medications and procedures, and instead take the path toward greater health and vitality. Dr. Opare's wise advice reminds us that we have an amazing ability to heal ourselves and that you have everything you need to be healthy in you right now. One must cooperate with nature and natural law (follow your rule book) to engage that healing mechanism. The rules for healthy living were learned long ago by our ancestors. They have been largely forgotten and set aside in the mistaken belief that what is new is necessarily better. This book will help you as you travel on the path to greater health, happiness, spiritual connection and purpose. It will help you claim your perfect health. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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