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Balboa Press, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.MonkeyBrain evolved from many years of working with hundreds of clients in the wellness industry as a lifestyle fitness coach, helping others improve their health and physiques. Over time I began to see that emotional well-being also had a direct affect on our physical health. For many years I recognized undeniable emotional patterns among many of my...

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- Authored by Johnny Oye
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