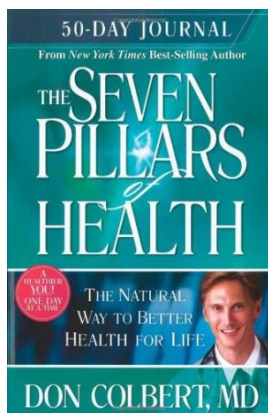


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Strangest Books, United Kingdom, 2007. Paperback. Book Condition: New. 218 x 140 mm. Language: English . Brand New Book. The Seven Pillars of Health 50-Day Journal By Don Colbert Designed to be used in tandem with the 50-day program outlined in the New York Times best seller, this companion journal enables readers to: . Start each day with helpful action steps for implementing the daily principles, and an inspirational or motivational thought. Log the daily choices made pertaining to their drinking, sleeping,...

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- Authored by Don Colbert
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