



## Your Daily Diary and Health Journal: Helping You Live Your Best Life

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By Basic Health Publications

Basic Health Publications, United States, 2006. Spiral bound. Book Condition: New. 198 x 127 mm. Language: English . Brand New Book. Many books about health and nutrition recommend keeping a daily record of various types of information, from possible food reactions, morning body temperature, and meal plans to blood sugar readings, physical activities and mood and energy levels. This journal provides the necessary space and as users write in their journals they will be presented with helpful health tips and inspiration thoughts from great minds. Pages are not dated so there s no need to worry about skipping a day. Your Daily Diary Health Journal makes a great gift.

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