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BOOYAH! SPIRIT: 52 INGREDIENTS FOR A HEALTHY SOUL. SUFFERING IS OPTIONAL. (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2011. Paperback. Book Condition: New. 214 x 140 mm. Language: English. Brand New Book ***** Print on Demand *****. The journey starts with leaving your comfort zone and looking inside your self for the answers. Pack your emotional bags and leave them behind because you will not need them where you are going. BOOYAH! SPIRIT BOOYAH! SPIRIT merges scientific research, humor, wonderful pictures, quotes, how-tos, and personal life lessons to help you live...

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- Authored by Sheila M Burke
- Released at 2011



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