

The Happy Body: The Simple Science Of Nutrition, Exercise, And Relaxation By Aniela Gregorek; Jerzy Gregorek



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Aniela and Jerzy Gregorek are world weightlifting champions and The Simple Science of Nutrition, Exercise, and Relaxation, The Happy Body Exercise

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Aniela gregorek (author of the happy body)

Aniela Gregorek is the author of The Happy Body (3.62 avg rating, 13 ratings, 2 reviews, published 2009), The Happy Body Aniela Gregorek s Followers.

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Thb creators - the happy body

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Jerzy gregorek (of the happy body)

Jerzy Gregorek is the author of A Healthy Mirror for Change (0.0 avg rating, 0 ratings, 0 reviews, published 2014), Sacred and Scared

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