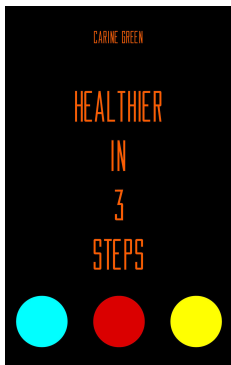


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In Healthier in 3 Steps, Carine Green, the author of Stress Reset, offers a few simple methods with which to improve your overall health. But also people who suffer from specific conditions, ranging from chronic fatigue, high sensitivity, depression and stress to persistent overweight, will gain quite some insights thanks to this book. These insights can help them find their way and truly help improve their health and life quality. The author links intensive research to her own experiences and comes up with clear, to the point information which can benefit just about anyone.

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