



Awakening maternal fitness / health bred mini book (Health bred mini book)(Chinese Edition)

By LI HUI

paperback. Condition: New. Language:Chinese.Pages Number: 150 Publisher: Yangcheng Evening Press Pub. Date :2006-11. Beauty in everyone's heart & pregnant women has experienced hardships after giving birth to a baby if you have to face bloated out of shape body & That was too cruel thing. In fact & because of pregnancy and must undergo a series of physiological changes in 6 months after childbirth to restore the previous Fit has caused & we must have perseverance and determination outside the skills and methods are als.



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