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HEALTH COMMUNICATIONS, United States, 2011. Paperback. Book Condition: New. 226 x 163 mm. Language: English . Brand New Book. As the founder of SheaNetics(R), Shea shares her revolutionary lifestyle, wellness, and exercise practice. With authority and passion, she reveals the heart of SheaNetics(R), The 5 Living Principles of Well-Being: Commitment, Perseverance, Self-Control, Integrity, and Love, and shows women how to incorporate the Principles into their daily

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Reviews

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