

人體

使用手冊

The User's Manual
For Human Body

多數慢性病，是我們耗用了身體的結果。
我們需要的，不是靈丹妙藥，
而是一本正確的人體使用手冊。

作者◆吳清忠

- 正確的理念，比昂貴的藥物和先進的醫療設備更能治癒患者與疾病。
- 很多人身體力行地奉行本書中的一式三招及健康觀念，健康真的就這麼得到了。
- 人體是一個充滿智慧的機器，長期以來，我們一直低估了人體的智慧，高估了我們自己的知識。

本書一次
定時給心與思想最廣大
的靈性空間，對本人健康
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The Users Manual For Human Body Chinese Edition

Mark Steyvers



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