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DR. RO S TEN SECRETS TO LIVIN HEALTHY (PAPERBACK)



Bantam, United States, 2007. Paperback. Book Condition: New. 174 x 106 mm. Language: English . Brand New Book. In this one-of-a-kind book, Dr. Rovenia M. Brock--known as Dr. Ro(TM) to fans of Black Entertainment Television s Heart Soul --reveals practical, satisfying ways for African American women to eat healthy, get fit, and overcome weight problems and the health risks that accompany them. From the Big Ten myths about miracle weight-loss diets to how eating the right foods can help you...

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- Authored by Rovenia M Brock
- Released at 2007



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