



## Latte Or Cappachino?

By Janes, Hilly

Michael O'Mara. Book Condition: New. The media is filled with conflicting studies and reports on what people should buy, eat or drink, and how they should act in order to achieve a fuller life. This book takes the hype and the hassle out of good living, advising the reader to make simple choices to provide them with a quick and easy way to a healthier and happier life. Num Pages: 192 pages, black & white line drawings, black & white tables. BIC Classification: VFD. Category: (G) General (US: Trade). Dimension: 215 x 136 x 17. Weight in Grams: 242. . 2013. Paperback. . . . Books ship from the US and Ireland.



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