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- I received this book as a birthday gift from my father when I turned six, and I have just purchased this for my son's upcoming 6th birthday to keep the tradition alive. They already have and enjoy When We Were Young, so I'm sure they will enjoy this book, too.

- This book is filled with very valuable information on nutrition,healing, and self guidance to heal and keep healthy using kinesiology.It also explains various alternative holistic healing techniques.