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## THE HEALTH PILLOW BOOK SERIES: TO THE HEALTH AND SAFETY OF COAL MINERS PILLOW BOOK(CHINESE EDITION)

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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: November 2012 Pages: 229 in Publisher: Qingdao Publishing House health Pillow Book series: to the health and safety of mine workers Pillow Book is a carefully crafted specifically for coal miners health guide it from the diet conditioning. sports and fitness. psychological adjustment. and living. workplace health. disease prevention. as well as production safety. all-round. multi-angle reading of the health and safety of mine workers password. as well as health misunderstanding with hidden dangers. and The of these misunderstanding with hidden propose practical solutions. thus guiding the coal miners away from bad lifestyle. eliminate the hidden dangers of the disease and insecurity towards a healthy and happy life. Contents: Chapter coal miners eating the health wine supercharger or step-down? Three high adds to the growing carrot milk vegetarian excessive harm health diet threat stomach health hypertensive patients with diabetes should eat the food summer after a meal of bad habits to prevent salt trap Avoid high cholesterol foods to eat in winter to eat high-calorie food not eat breakfast the second chapter of coal miners mental health care away from the anger there to learn to self-deprecating physical and mental benefits of psychological factors affecting the efficacy of psychological Mo overloaded a reasonable leisure beneficial healthy smile is the best mentality cry. to laugh The five principles of exercise and take care of mental health man laughed miners children weeping and not a crime more friends and more healthy sport and health of coal miners criteria to judge the amount of exercise gentle movement healthy fitness lasting walking wholesome autumn disease prevention needs movement of the fall sports the three defenses summer sports the the four...



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