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Asthma Cured: Breath by Breath Journey to Health

Mavreen Jones

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This book explores in a different way, how to look at asthma, or as my mother used to call it (ask ma). It is a step off the usual path of thinking that medication is the only way to go. Are you ready to open your mind to all sorts of defferent and wonderful ideas. An open mind is like an open book; possibilities abound and discoveries may be just a thought away.

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