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simple ways to  
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foraging how to  
stack your life to  
make the most of  
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and more'

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**and finds ways for**

**each of us to move**

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**she is a true hero**

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delight to read  
but also will help  
every family and  
has implications  
that extend far  
beyond our  
individual lives  
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and vitamin n  
every so often a  
thinker es along  
who is able to  
teach plicated  
ideas with so much  
ease and clarity  
you have the  
liberating feeling  
of remembering  
something as you  
are learning it'  
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bowman this book  
looks at the  
sedentary  
lifestyle  
revolving mostly  
around convenience  
that a large part  
of our society has  
adopted what  
effect this has on  
us and ideas on  
how to improve  
this problem'

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