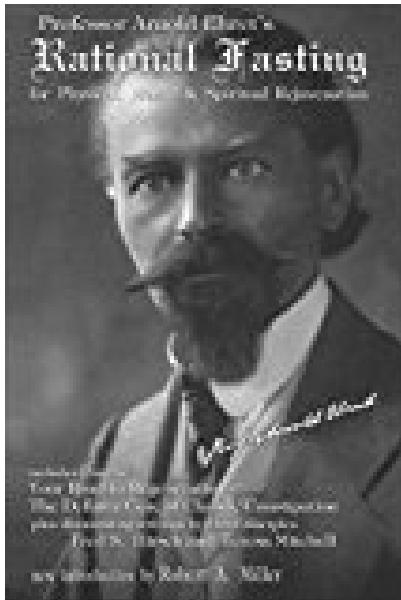


Rational Fasting



BOOK DETAILS

- Author : Arnold Ehret
- Pages : 172 Pages
- Publisher : Ehret Literature Publishing
- Language : English
- ISBN : 1884772013

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BOOK SYNOPSIS

First published in 1910, this classic book is considered Ehret's health masterpiece. He explains how to successfully conduct and complete a fast in order to gain maximum strength and energy for joyful living.

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