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*Frances Piper de Vries, Sally J. Christensen*

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Newstart stands for the eight elements that give you health, vigor, and healing: Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and Trust in Divine Power. Full of delicious and nutritious recipes that can make a meaningful difference in your life, the Newstart Lifestyle Cookbook is more than a diet plan--it is a new way to live.

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