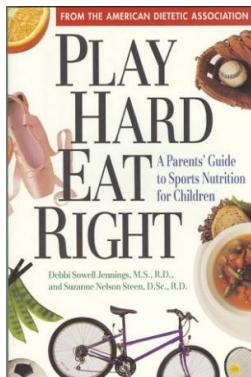


## Play Hard Eat Right A Parents Guide to Sports Nutrition for Their Children by Debbi Sowell Jennings Suzanne Nelson Steen and ADA Staff 1995 Paperback



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### Book Review

Very helpful to all of group of men and women. It can be written in easy terms instead of confusing. You will like how the writer write this book.

(Dr. Daren Mitchell PhD)

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