



A BLOKE'S
DIAGNOSE IT YOURSELF
GUIDE TO HEALTH

DR KEITH HOPCROFT • DR ALISTAIR MOULDS

'The men who fought at Agincourt, Waterloo and Normandy have become a nation of flabby, wheezing, un-fit males. The British man needs to reclaim his health and this essential book is the first step on that journey to recovery.' **Tony Parsons**

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Lingsheng Yao



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Uncover the mysteries within its enigmatic creation, **Blokes Diagnose It Yourself Guide To Health** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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