



# Super Vitality

*Bud Jeffries*

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## **Super Vitality** Bud Jeffries

Super Vitality is a training manual that walks you through practices, lessons and training regimens to bolster your life-force, health, strength, longevity and vitality. Guest authors: Peter Ragnar, Garin Bader, Chuck Halbakken, Logan Christopher, and Stephen Santangelo - leaders in health and wellness. Each brings their own chapter on their best recommendations and practices to have the most balanced all- around health; mentally, physically and spiritually. Super Vitality - it's the Trifecta of Health for a long and happy life.

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