

A Catalogue of Exercises for Improving
Specific Parts of the Body

MISS CRAIG'S
10-MINUTE-A-DAY
SPOT-
REDUCING
PROGRAM



By the author of *Miss Craig's Face-Saving Exercises*
and *Miss Craig's 21-Day Shape-Up Program for Men and Women*

Miss Craigs 10 Minute A Day Spot Reducing Program

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Miss Craigs 10 Minute A Day Spot Reducing Program:

Miss Craig's 10-minute-a-day Spot-reducing Program Marjorie Craig,1979 **Miss Craig's 10-Minute-A-Day Spot-Reducing Program** Marjorie Craig Crowley,1979 **Miss Craig's Ten Minute a Day Spot-reducing Program** Marjorie Craig,1979 Health Education Marion C. Chafetz,1981-06-30 Summary 1197 entries to books dealing with current topics of disease prevention and health promotion Intended for layman and health personnel Covers specific areas of aging alcoholism and drug abuse fitness and exercise nutrition women s health health education environment industry and mental health Each entry gives bibliographic information and annotation Author index **Mademoiselle** ,1980 **Good Housekeeping** ,1980 **The Publishers Weekly** ,1980 **Action Plans** Linda Hughes,1987 **Time** ,1980-04 **Savvy** ,1980 Better Homes and Gardens ,1981 TV Guide ,1980 **Cosmopolitan** ,1980-07 **The Ladies' Home Journal** Edward William Bok,1982 Consumer Sourcebook ,1974 Consumer Sourcebook s subject chapters cover the full range of consumer interests from automotive matters to food and drugss credit and personal finance to environmental concerns insurance to government performance Subject indexing allows the user to access information for special categories of consumers such as aging children the disabled and veterans and offers hundreds of terms relevant to all consumers Book Review Index ,1985 Every 3rd issue is a quarterly cumulation Performing Arts ,1979 The Saturday Evening Post ,1981 *The New York Times Book Review* ,1982 **Saturday Review** ,1980

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