



Ten Activities For Your Well Being

Luis E Jorge

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Luis Jorge is a Martial Arts Sensei who began his journey at the age of 5. However, he isn't all about karate. Through many years of experience and research, he has put together *Ten Activities For Your Well Being* . This is more than just a book that list ten random things and tells you to go out and do them. This book was written through many, many years of trial and error and it was put together in a way that makes it very simple for the reader. *Ten Activities For Your Well Being* is for **anyone** who wants to improve their well being. This isn't just for people who don't feel content with their lives. In fact, it is also for people who are very happy with their lives. Overall, this book is for anyone who just want to take their well being to the next level. Get ready to read and get to work because **Luis Jorge** will prepare you to take action and start doing these simple, yet extremely beneficial activities **today** !

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