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Mark H. Anshel, PhD, is a professor in the department of health and human performance with a joint appointment in the psychology department at Middle Tennessee State

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Gih biblioteket : applied health fitness

Hylla: Vnaa Anshel; F rfattare: Anshel, Mark H. Titel och upphov : Applied health fitness psychology / Mark Anshel ; Utgiven: Champaign, IL : Human Kinetics, c2014

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