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Nick & Bethan Redshaw

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This book looks at the following Key Topics:-Biological Rhythms, Relationships and Eating Behaviour. It has been specifically developed to give you all the information you need to be able to successfully sit the A2 exam. Book three includes textbook style content, self study activities and exam style questions. All the material is designed to help and guide you through the learning process and to develop strong evaluation and analysis skills.

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