



Ola de calor / Heat wave

Richard Castle

 **Descargar**

 **Leer En Linea**

Ola de calor / Heat wave Richard Castle

All you need to know about this illness, including exercise routines and advice on diet. Through the stories of Carlos, a type I diabetic at 10, and Jose, who developed type II diabetes at 60, the authors reconstruct the ins and outs of this illness. A helpful guide to promote a more responsible behavior in the face of this modern epidemic, it also helps undiagnosed sufferers identify the symptoms and start living a healthier life.

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Descargar y leer en línea Ola de calor / Heat wave Richard Castle

360 pages

About the Author

Richard Castle is the author of numerous "New York Times" bestsellers, including the critically acclaimed Derrick Storm series. His first novel, "In a Hail of Bullets", published while he was still in college, received the Nom DePlume Society's prestigious Tom Straw Award for Mystery Literature. Currently he lives in Manhattan with his family.

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