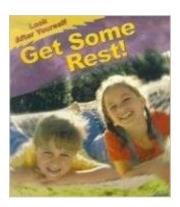


The book was found

Get Some Rest! (Look After Yourself)





Synopsis

Why do you need to rest your body? Why do need more rest if you are ill? What happens if you don't get enough rest? This book looks at how to keep our bodies healthy by taking breaks when we are tired, by relaxing after work and play, and by getting enough sleep.

Book Information

Series: Look After Yourself

Paperback: 32 pages

Publisher: Heinemann (August 15, 2003)

Language: English

ISBN-10: 140344451X

ISBN-13: 978-1403444516

Product Dimensions: 8.6 x 7.7 x 0.1 inches

Shipping Weight: 4 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,013,028 in Books (See Top 100 in Books) #61 inà Â Books > Children's

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Age Range: 6 - 8 years

Grade Level: Kindergarten - 3

Customer Reviews

Angela Royston has written many books for young people, including books about people at work, animals, health and the environment.

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Anti Aging Techniques That Work Book 1) The Wealth and Poverty of Nations: Why Some Are So Rich and Some So Poor The Guide to Ohio Divorce: Some Basics and Some Advanced Topics Some Wear Leather, Some Wear Lace: The Worldwide Compendium of Postpunk and Goth in the 1980s Get Started in Russian: Teach Yourself: Audio Support (Teach Yourself Languages) Get Started in Russian: Teach Yourself (Teach Yourself Languages) Get Started in Hindi with Two Audio CDs: A Teach Yourself Guide, Second Edition (Teach Yourself Language) Get Started in Modern Hebrew: A Teach Yourself Course (Teach Yourself Language) Fast After 50: How to Race Strong for the Rest of Your Life Backache: What Exercises Work: Breakthrough Relief for the Rest of Your Life, Even After Drugs & Surgery Have Failed No Rest for the Wicked (Immortals After Dark, Book 2) Advocates for Animals: An Inside Look at Some of the Extraordinary Efforts to End Animal Suffering Rest: Why You Get More Done When You Work Less Greek for the Rest of Us Laminated Sheet (Zondervan Get an A! Study Guides)

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