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This monograph is the product of a group of authors, united by a common goal
to present the results of their research aimed at preserving human health by means of
healthy nutrition and promotion of healthy lifestyle. The monograph confirms the
urgent need to improve the work with adolescents and young people, their parents and
teachers for health promotion and formation of environmental responsibility.

This work is undoubtedly useful for scientists as well as for the general public,
parents, teachers, civil servants dealing with these issues and social workers.

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