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## **References in press in snatch - journal of**

Gregorek and Gregorek, 2009 Gregorek, Aniela, Gregorek, Jerzy. The Happy Body: the Simple Science of Nutrition, Exercise, and Relaxation. Jurania Press, Woodside;

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Jerzy Gregorek is the author of A Healthy Mirror for Change (0.0 avg rating, 0 ratings, 0 reviews, published 2014), Sacred and Scared

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Aniela and Jerzy Gregorek are world weightlifting champions and The Simple Science of Nutrition, Exercise, and Relaxation, The Happy Body Exercise

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### **Aniela gregorek (author of the happy body)**

Aniela Gregorek is the author of The Happy Body (3.62 avg rating, 13 ratings, 2 reviews, published 2009), The Happy Body Aniela Gregorek s Followers.

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