

- Health. A wellness Approach, MERRILL Texas Special Edition, Meeks – Mitchell – Heil (1987)
- Your personal Fitnenen Trainer. Ziff – Danvis. Press – USA (1996)
- Wellness Guidelines: Healthful Life, Salama Dowara, Hani Ratib. Center for Advancement of Postgraduate Studies, Faculty of Engineering, Cairo University (2005)

. - . : -
- . - . : -
- . : -
- - - - -
- () - . : " -
- . - . : -
- . - . : -
- () . : -
- () . : -