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First Asia-Based Fitness Mentoring and Coaching Service AsiaFitnessCoach.com launched

Bestselling co-authors Dr Seamus Phan and multiple title bodybuilding champion brother CJ Phan now mentors competitive athletes and enthusiasts in diet planning, fitness and exercise, through TechPharma Labs' new service AsiaFitnessCoach.com. [PRWEB Jan 25, 2004]

First Business Leadership Book "Dot Zen" from Asia Based on Non-Aggressive Zen Principles Condensed from 30 Years of Collective Experience Between Authors Dr Seamus Phan and Ter Hui Peng

Dot ZEN, which condenses 30 years of experience between the co-authors Dr Seamus Phan and Ter Hui Peng, presents an educational and practical approach to Zen ideas with action steps, insider's tips and secrets to growing businesses through entrepreneurship, leadership, customer service, total quality, marketing, publicity, public relations (PR), human resource management (HRM), and Internet technology. [PRWEB Dec 17, 2003]