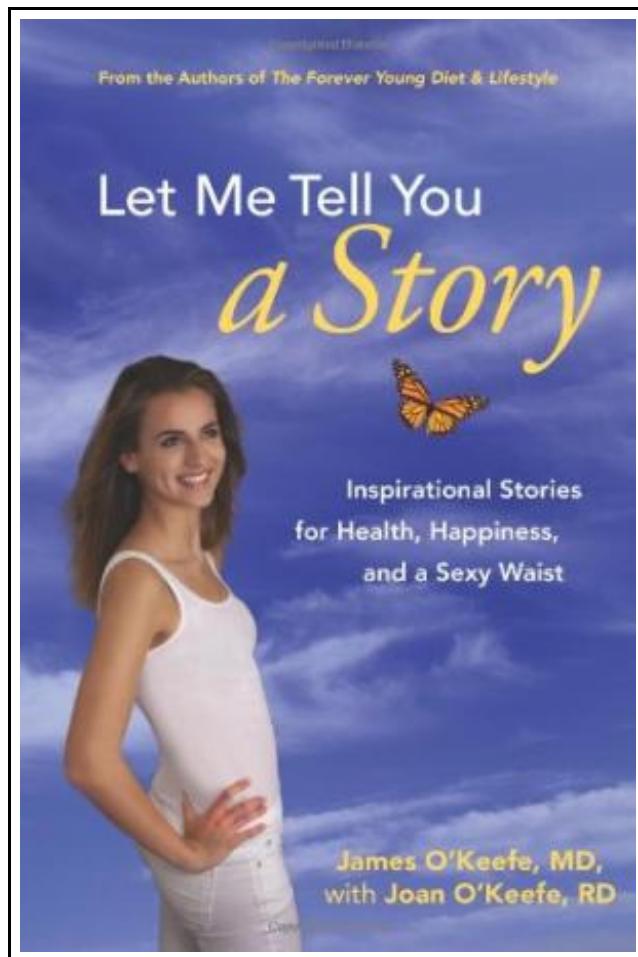


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Reviews

I actually started out reading this book. It can be packed with wisdom and knowledge I discovered this ebook from my dad and i suggested this book to understand.

(Prof. Barney Harris)

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Andrews McMeel Publishing, United States, 2013. Paperback. Book Condition: New. Original.. 229 x 152 mm. Language: English . Brand New Book. Based on their experiences, the husband and wife team of cardiologist James O Keefe and dietitian Joan O Keefe bring real-life, inspirational stories of everyday people who have achieved healthy lifestyles to help increase their health, happiness, and longevity. In Let Me Tell You a Story, Dr. James O Keefe and his dietitian wife Joan O Keefe, co-authors of the best-selling The Forever Young Diet Lifestyle, present stories of real-life people and how they found their way to living a happy, healthy, and joyful existence. The authors firmly believe that the human brain best learns new concepts and internalizes information that can change one's perspective and alter behavior through story-telling. In their preface, they state: We are all immersed in data-smog today. Scientific findings and statistics are churned out at an ever-quickening pace. Recent estimates state that the entire body of scientific knowledge has doubled just since the year 2000. It has become unmanageable to keep up with all the science on health, nutrition, fitness, and wellness. So many people just throw up their hands in frustration, not knowing what to believe, while continuing to follow lifestyles and diets that are often toxic. Yet knowledge is power; you and your loved ones need this information if you are to thrive in this 21st century environment that is so foreign to our genetic identity. This statement is at the core of this book. Through this book of true stories about real people, these examples illustrate important concepts based on state-of-the-art science and the power of the Forever Young Diet Lifestyle program, as outlined in their previous book. Through 26 informative, entertaining, and often amusing chapters, the O Keefes cover...



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