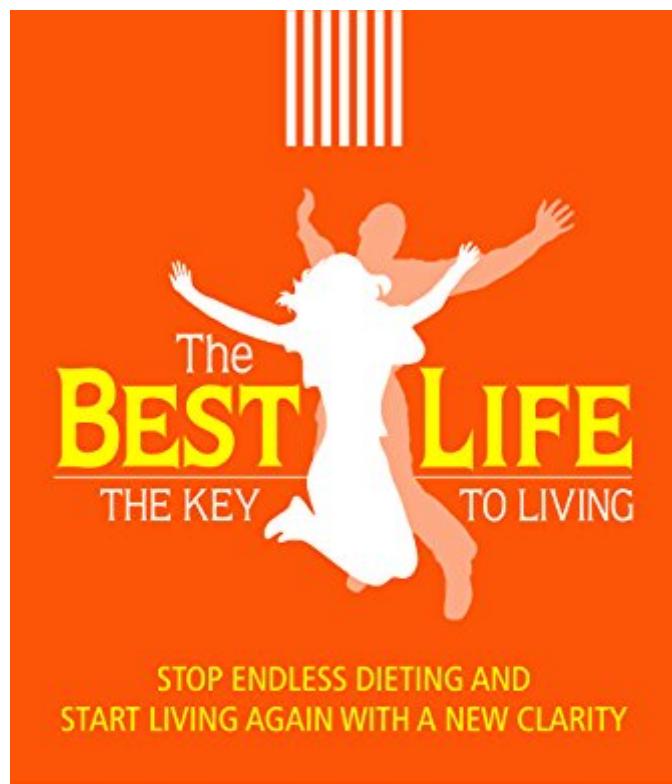


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The Best Life: The Key To Living



Fourteen Health Experts Explain The Truths
To Lasting Health and Expose The Myths That
Prevent You From Success



Synopsis

How do you live The Best Life? In today's Information Age where it is so easy to find out about new diets, weight loss, and fitness programs, it can oftentimes be difficult to know what works and what doesn't. Pair this with the challenges of our modern lifestyles. How can you really define true health? In this book, we bring together 14 experts on health and wellness from a myriad of backgrounds. Living the Best Life and achieving true health can be much more than a number on a scale and what you put in your mouth. We have a look at your environment, your mindset, your nutrition, your mindfulness, and many other aspects. The experts in The Best Life bring their own opinions which have helped their clients and patients to achieve true health. While some may differ (and in fact, be in complete opposition!), you, as the reader, can be educated to introduced to concepts which, if resonate with you, will offer you a path for your own health. The contributors to The Best Life Are: Shaleena Anand, Julie Balderrama, Keith Colby, Steve Consiglio, Alex Desrosiers, Stacie Dickerson, Gina Faubert, Gina Fitzpatrick, Carol Froehlich, Tracy Hammons, Ross Johnson, Alexander Klaus, Mark Niemchak, DC, Marcos Sayon.

Book Information

File Size: 1621 KB

Print Length: 155 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 31, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LC8OBVW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #266,891 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #43

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related

Health #69 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention

#82656 in Kindle Store > Kindle eBooks > Nonfiction

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So many great health experts all in one book. I could read this over and over getting something new out of it each time!!

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