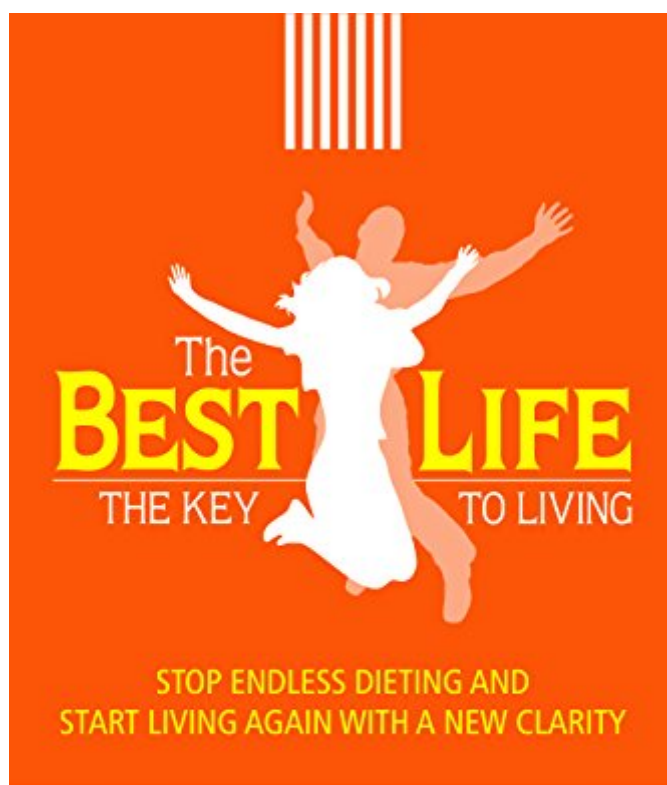


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The Best Life: The Key To Living



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

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Customer Reviews

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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