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Let Me Tell You a Story: Inspirational Stories for Health, Happiness, and a Sexy Waist (Paperback)

By James O Keefe

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-quickenning 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...



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