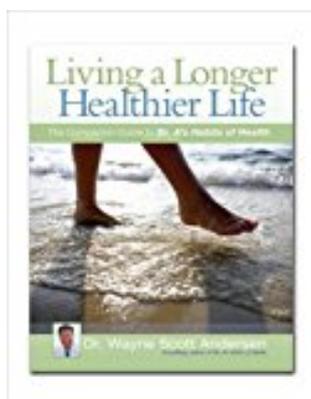


# [PDF] Living A Longer, Healthier Life: The Companion Guide To Dr. A's Habits Of Health

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Language:  
Pages: 200  
ISBN: 0981914624  
ISBN13: 978-0981914626  
ASIN: 0981914624

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**About the Author** One of the nation's foremost physicians in nutritional intervention and best-selling author, Dr. Wayne Scott Andersen has devoted his career to forging new territory in the realm of creating optimal health through a comprehensive approach that addresses and breaks through logistical and psychological barriers. One of the nation's top critical care doctors and co-founder of Take Shape for Life.

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