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The Exercise Cure received an amazing amount of publicity in hardcover for its simple approach to weight loss and better health for everyone. The book offers an exhaustive (and exhausting) collection of fun, fat-torching, life-changing workouts that can be tailored to any fitness level.

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Not a book you really read. About half of it has sets of exercises for various maladies - back pain, shoulder pain, even PMS. The second half has a one-year program to get in shape. I think that you can pick and choose exercises that work for you - the author even gives hints on how to do so toward the end of the book.

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Book Review: The Exercise Cure by Jordan D. Metzl, MD November 26, 2013 By Larry Creswell, MD 4 Comments Dr. Jordan Metzl s second book, The Exercise Cure , makes its debut next month.

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In The Exercise Cure, Dr. Metzl nationally renowned sports medicine physician offers malady-specific and well-researched exercise prescriptions to help readers stay healthy, heal disease, drop pounds, increase longevity, and transform their lives.

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