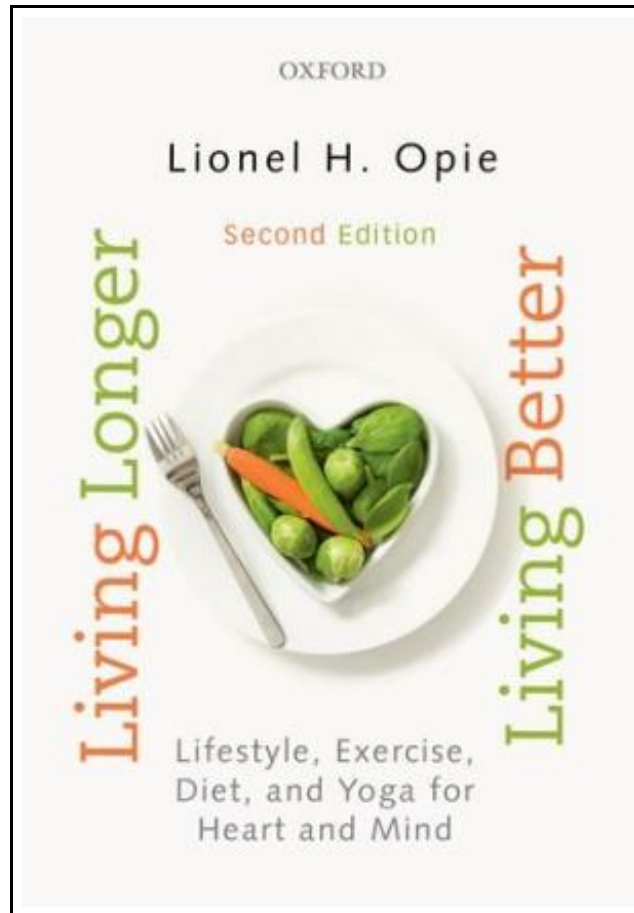


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Reviews

An extremely wonderful pdf with lucid and perfect explanations. I could possibly comprehend every little thing out of this created e pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Janie Wilkinson)

LIVING LONGER, LIVING BETTER: LIFESTYLE, EXERCISE, DIET AND YOGA FOR HEART AND MIND



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Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 2nd Revised edition. 187 x 128 mm. Language: English . Brand New Book. . Living Longer, Living Better: Lifestyle, Exercise, Diet and Yoga for Heart and Mind is written for all those who strive for optimal long-term health and the maximal functioning of their hearts and minds. It is a modest yet ambitious effort to take the lay reader safely through the wilderness of health fads, snake-oil salesmen, and media hype, and into the promised land of sound, evidence-based health advice. Dr. Opie has explained masterfully very difficult concepts in a crystal clear manner with a unique turn of phrase which is often intriguing and charming. The professional involved in medical care, whether he or she is a nurse, family practitioner, physician, cardiologist, cardiothoracic surgeon or any other carer who provides recommendations on health matters, will all be equally enlightened by this publication. Dr. Opies tone throughout is gentle and thoughtful, with clear and sober language. Dr. Opie has examined the hard science behind the purported health benefits of practices such as diet, meditation, yoga, and prayer.



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