

Smart womans guide to midlife and beyond - a no-nonsense approach to staying healthy after 50

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Both women have thriving careers in medicine, and have concentrated on the health needs of women of their generation - the baby boomers. This book is a must-have for any woman inspired to improve her health trajectory.

The Smart Woman's Guide to Midlife and Beyond: A No Nonsense Approach to Staying Healthy After 50 by Janet Horn

Janet Horn is a fantastic physician - I know because she was my physician.

The Smart Woman's Guide to Midlife and Beyond, by Janet Horn, MD, and Robin H. Miller, MD

Smart women understand that taking care of their health is essential to maintaining an active lifestyle. Miller, MD, is a board-certified internist and integrative medicine specialist who trained with Dr. The Maryland Daily Record named her one of the top 100 women in Maryland in 1999.

The Smart Woman's Guide to Midlife and Beyond: A No Nonsense Approach to Staying Healthy After 50 by Janet Horn, Robin Miller, Paperback

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