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Sweet Healing - A Whole Health Journey

By Michael Bedar

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*****. On the verge of a blissful retirement, Gene Curtin

suddenly faces an unexpected diagnosis of type 2 diabetes.

While he greatly appreciates the love and support of his wife,

Hope, and college-aged son, Jim, he can't seem to shake the

mounting shame and despair that threaten to engulf him. After

a timely encounter with his mysterious new neighbor, however,

strange mini-challenges start cropping up in Gene's life that

provoke his dormant sense of adventure. As he strives to

navigate these hurdles, Gene begins to discover health and

science secrets that may dramatically transform his future if

he can change his daily habits. Providing seven foundational

tips for overcoming health obstacles, Sweet Healing takes you

on an inspiring whole health journey that frees you to enjoy

every day of your life. Sweet Healing rocks! It's the first tool of

its type-a gripping read of fiction that will leave you inspired,

motivated, and hungry for a healthier lifestyle. Devour this

book and share it with your friends now! -Cathy Silvers, author

and actor from...



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