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NEW YORK TIMES BESTSELLING AUTHOR
Dean Ornish, M.D., and Anne Ornish
UnDo It!



"Dr. Ornish pioneered the revolutionary field of lifestyle medicine: using lifestyle changes to prevent and reverse—UNDO!—heart disease, type 2 diabetes, prostate cancer, high blood pressure, depression, weight gain, high cholesterol, and other chronic diseases. His new unifying theory is truly game-changing and can save your health and your life."
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