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Breakthrough: eight steps to wellness : life-altering secrets from today's cutting edge doctors. New York: Crown Publishers. Chicago / Turabian - Author Date Citation (style guide) Somers, Suzanne, 1946-. 2008. Breakthrough: Eight Steps to Wellness : Life-altering Secrets From Today's Cutting Edge Doctors. New York: Crown Publishers.

Breakthrough : eight steps to wellness : life-altering ...

In "Breakthrough," Suzanne Somers promises "eight steps to wellness" based on "life-altering secrets from today's cutting-edge doctors." Dow Jones, a News Corp company.

Breakthrough: Eight Steps to Wellness - WSJ

An interesting account of the steps you can take to prolong your life. Mostly well researched comments on nutrition, but it reads like a new age bullshit book. I expect that's a product of the author being savvy enough to know where her likely audience lies.

Breakthrough: Eight Steps to Wellness by Suzanne Somers

Breakthrough explores cutting-edge science and delivers smart, proactive advice on the newest treatments for breakthrough health and longevity. In addition to being a pioneer in a rapidly growing health field, Somers is a passionate, caring individual whose own life was derailed by disease and brought back to unimaginable, feel good heights ...

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Breakthrough: Eight Steps to Wellness: Suzanne Somers ...

Suzanne Somers is the author of Breakthrough: Eight Steps to Wellness which discusses the LifeWave patches.. Overview. Suzanne Somers (born Suzanne Marie Mahoney on October 16th, 1946) is an American actress, author, and businesswoman.

Suzanne Somers endorses the LifeWave patches in her book ...

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Amazon.com: Breakthrough: Eight Steps to Wellness

In Suzanne Somers' New York Times best-selling book, BREAKTHROUGH: Eight Steps to Wellness, she discusses a number of hormones — both major and minor. Your minor hormones include estrogen, progesterone, testosterone, pregnenolone, DHEA, melatonin, and human growth hormone (HGH).

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