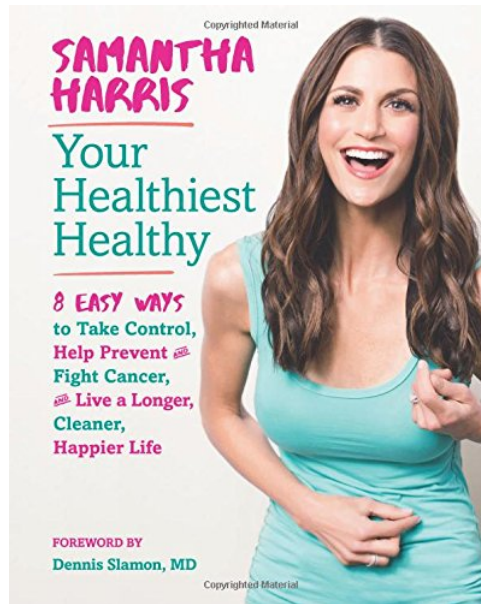


D0IV0 [Free PDF File] Your Healthiest Healthy: 8 Easy Ways to Take Control, Help Prevent and Fight Cancer, and Live a Longer, Cleaner, Happier Life



CONTINUE ►

"This book will change your life!" —Kris Jenner "This is such an incredible resource for all-around healthy living." —Brooke Burke From celebrity TV host and cancer survivor Samantha Harris comes a comprehensive action plan for helping to prevent and fight cancer and living your best, healthiest life. Millions watched Samantha Harris cohost Dancing with the Stars and Entertainment Tonight and then share the story of her breast cancer diagnosis at age 40. After the initial shock and recovery from a double mastectomy, she sought answers to why it could have happened and ways to improve her overall health. Now the Emmy®-winning journalist, nutrition advocate, certified personal trainer, and mother of two offers her real-world strategies for overcoming adversity and systematically improving your total well-being. Your Healthiest Healthy combines her humorous, sometimes harrowing, always inspiring journey with research-backed advice, insights from doctors and scientists, and effective tips into an easy-to-follow, eight-step road map. Her practical advice will empower you to eat better, work out smarter, reduce toxins around you, master your medical awareness, handle health crises, strengthen your relationships, boost your positivity, and build resiliency. With this complete program, you can maximize your health, energy, and happiness for life.

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