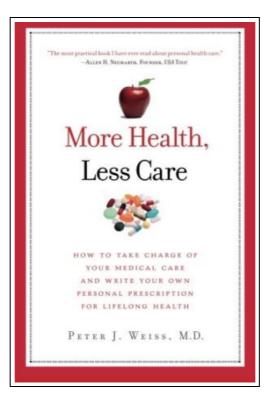
## More Health, Less Care: How to Take Charge of Your Medical Care and Write Your Own Personal Prescription for Lifelong Health (Paperback)



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#### Reviews

Absolutely essential read through book. Yes, it really is enjoy, nonetheless an interesting and amazing literature. Your daily life span is going to be transform when you comprehensive looking over this ebook. (*Mr. Cielo Koch II*)

### MORE HEALTH, LESS CARE: HOW TO TAKE CHARGE OF YOUR MEDICAL CARE AND WRITE YOUR OWN PERSONAL PRESCRIPTION FOR LIFELONG HEALTH (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. More Health, Less Care outlines a practical philosophy of personal health and enables readers to develop and act on an individual plan for healthy living. Through the metaphor of being your own doctor, it explains fundamental principles of change that can be applied for a lifetime instead of the latest fad diet or exercise program. The easily understood stories and disarming, open style invite readers to accept the message and inspire them to make meaningful changes. Other health books typically provide formulas for healthy living in a one size fits all approach, ignoring individual variation and the great difficulty of actually implementing major lifestyle changes. By engaging the reader farther upstream in the change process, More Health, Less Care complements other health and wellness works. This book is the same as the identically titled, authored, and dated book previously available from LaChance Publishing LLC (April 14, 2010).

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