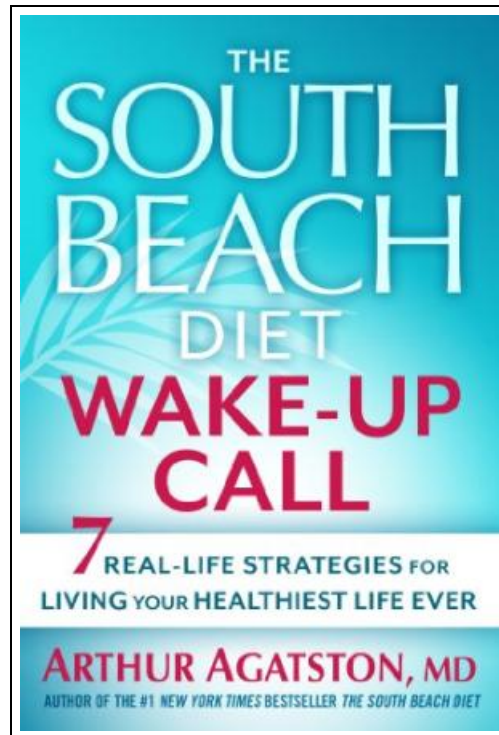


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Rodale Incorporated, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. In today s fast-food obsessed, couch-potato culture, two thirds of all adults are overweight, rates of diabetes and heart disease are soaring, and the future of our children s health is dismal. Renowned cardiologist and creator of the South Beach Diet , Dr. Arthur Agatston is one of the nation s most impassioned agents of change, urging us to look beyond our waistlines to our very survival. His new book is both an urgent call to action and a realistic road map for change, throwing our nation s health crisis into stark relief and urging sweeping changes in our diet, habits, and attitudes towards health. After laying the groundwork with up-to-date scientific and nutritional information, Dr. Agatston introduces his proven 7-Step Lifestyle Makeover : simple strategies and tools anyone can use to make nutrition, exercise, rest, and stress relief daily realities, and support our bodies and immune systems in their struggle to keep us healthy. Informed by cutting edge research, verified statistics, and the tenets of a diet that has already resulted in life-changing improvement in the health of millions, this book lays out a clear-cut action plan for everyone to make positive, everlasting changes and live lean, active, longer lives.



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