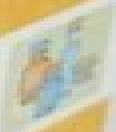


*Feel Good* remedies

# *Feel Good* remedies

Pleasurable Solutions to more than  
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Cooksey

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# Feel Good Remedies Pleasurable Solutions To More Than 100 Everyday Health Problems

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discussions Every chapter has been completely revised and many new topics added such as lifestyle medicine for nursing psychiatry and preventive neurology The fourth edition of this classic text continues to serve as the leading comprehensive textbook in lifestyle medicine The original has been called the indispensable bible of lifestyle medicine and the fourth edition of this work continues to justify this designation There is no longer any serious doubt that daily habits and actions have a significant impact on multiple aspects of health The fourth edition of Lifestyle Medicine provides the scientific evidence to support this assertion and will serve as an invaluable reference and guide not only to lifestyle medicine practitioners but to all primary care physicians subspecialty physicians nurses and other healthcare practitioners **New York Magazine**

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