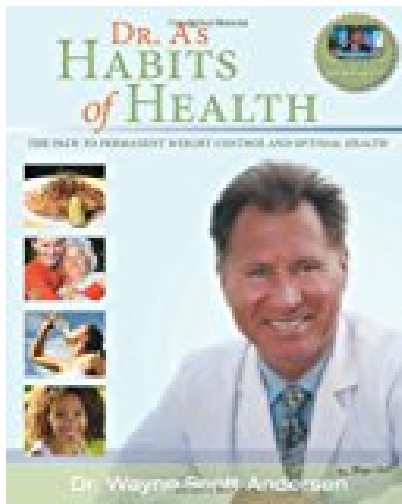


# Dr. As Habits of Health The Path to Permanent Weight Control & Optimal Health

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## BOOK DETAILS

- Author : Dr. Wayne Scott Andersen
- Pages : 376 Pages
- Publisher : Habits of Health Press
- Language : English
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## **BOOK SYNOPSIS**

Go from surviving to thriving! If you've ever tried to lose weight only to gain it back, Dr. As Habits of Health offers a life-changing breakthrough that shows you not only how to reach and maintain your healthy weight, but how to create a life of renewed vibrancy, health, and spirit all under the easy-to-follow guidance of one of America's most esteemed and compassionate practitioners of weight loss and optimal health. Join thousands of people worldwide who've gone from discouragement to confidence, from depletion to unimaginable vitality and discover how you can live better, happier, and healthier into your eighties, nineties, and beyond

### **DR. AS HABITS OF HEALTH THE PATH TO PERMANENT WEIGHT**

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