



Health Power: Health by Choice Not Chance

Aileen Ludington, Hans, M.D. Diehl

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Consciously or unconsciously, most people make sacrifices of some sort. Unfortunately, they often sacrifice health, family, religion, or other priceless possessions in order to gain the transitory pleasures of wealth, power, status, or fame.

Imagine life as a game in which you are juggling five balls-work, family, health, friends, and religion-in the air, and you realize that work is a rubber ball. If you drop it, it will bounce back. BU the other four balls-your family, health, friends, and spiritual life-are much more fragile. If you drop one of these, it will be scuffed, marked nicked, damaged, or even shattered. It will never be the same again. You must understand that, and strive to balance all parts of your life.

This book will help you realize that all these aspects are largely under your control.

- Learn how you can prevent and even reverse many of today's major killer diseases.
- Learn how to make sense out of confusing and often contradictory health information and to understand why today's breakthroughs often become tomorrow's embarrassments.
- Learn how to strengthen your social and family relationships, and cultivate a more meaningful spiritual life.

This book will help you discover-day by day and step by step-not a better life, but the best life!

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Cesar Smith:

Typically the book Health Power: Health by Choice Not Chance has a lot of information on it. So when you read this book you can get a lot of advantage. The book was authored by the very famous author. Tom makes some research prior to write this book. This specific book very easy to read you can obtain the point easily after reading this article book.

Nathan Osborne:

In this period globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You can see that now, a lot of publisher this print many kinds of book. The particular book that recommended to you is Health Power: Health by Choice Not Chance this book consist a lot of the information in the condition of this world now. This kind of book was represented so why is the world has grown up. The language styles that writer use to explain it is easy to understand. The particular writer made some study when he makes this book. Honestly, that is why this book appropriate all of you.

Irma Tijerina:

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