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Lifestyle Medicine, Third Edition
This book is a comprehensive guide to lifestyle medicine, covering the latest research and clinical applications. It is a must-read for healthcare professionals and anyone interested in preventing and treating chronic diseases through lifestyle changes. The book is divided into several sections, each focusing on a different aspect of lifestyle medicine, such as diet, physical activity, stress management, and social connections. The authors provide practical advice and evidence-based strategies to help readers improve their health and well-being. The book is written in a clear and accessible style, making it easy to read and understand. It is a valuable resource for anyone looking to take control of their health and live a healthier, more fulfilling life.

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