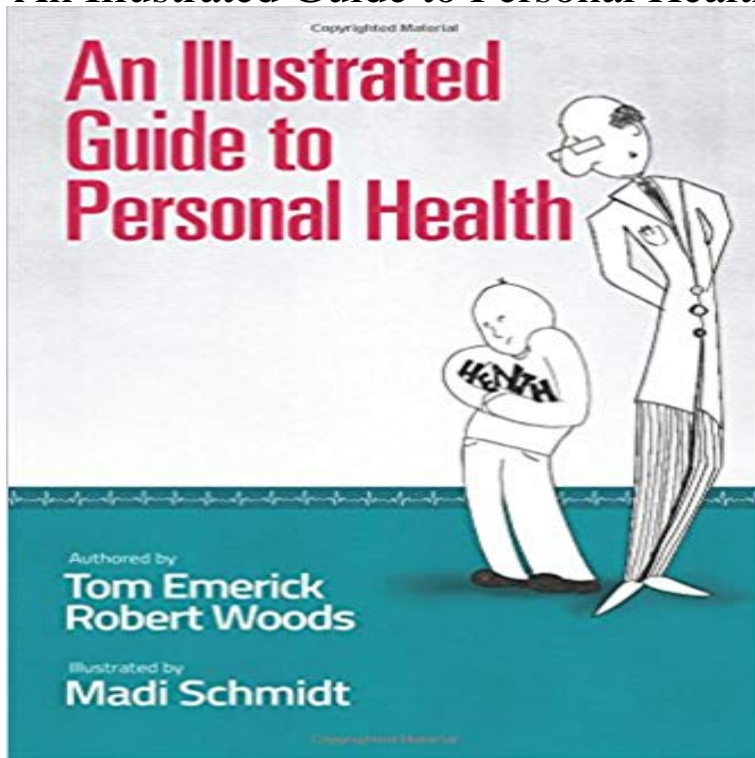


# An Illustrated Guide to Personal Health



Health issues are an inescapable part of life but by preparing for them, you can fend them off longer and handle them better when they do arise. Offering eye-opening insight in a surprisingly lighthearted way, *An Illustrated Guide to Personal Health* teaches you how to manage your own health rather than depend on doctors and medicine which often only narrowly addresses your overall well-being. Skirting the typical fitness and dietary solutions, this guide provides forty common-sense practices you can incorporate into your regular routine to improve your resilience, reduce your stress, and ensure you will live healthier and happier for many years to come. With unexpected chapter titles like *Give Your Fork a Rest*, *Let Kids Play in the Dirt*, and *Don't Take Multivitamins*, this self-help manual sets itself apart from the typical tips most health books offer, while still supporting its collection of timeless and innovative directives with citations from the medical field. Health, wellness, and happiness go hand in hand and only you can form the habits that will ensure you experience all three. Start learning how to improve your life today.

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