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How To Live 365 Days A Year

By John A. Schindler

Running Press. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.9in. x 6.0in. x 0.7in. One of the great self-help books of all time, *How to Live 365 Days a Year* has sold more than 1 million copies and has been translated into 13 languages. Author John A. Schindler, M. D. introduced the powerful concept of EII, or emotionally induced illness, long before most physicians were aware of the connection between emotions and physical health. Our new edition of this 1956 New York Times bestseller, a classic of the genre, has updated health and nutrition information by a leading health and fitness expert. Dr. Schindler's original research explains how prolonged unhappiness sets off negative responses in the nervous and endocrine systems, producing symptoms of disease, and offers techniques for coping with EII. His landmark advice on positive lifestyle, exercise, and nutrition speaks volumes to today's self-aware readers. Topics include achieving emotional satisfaction, attaining sexual maturity, dealing with stress in the workplace, and meeting the challenge of the aging years. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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