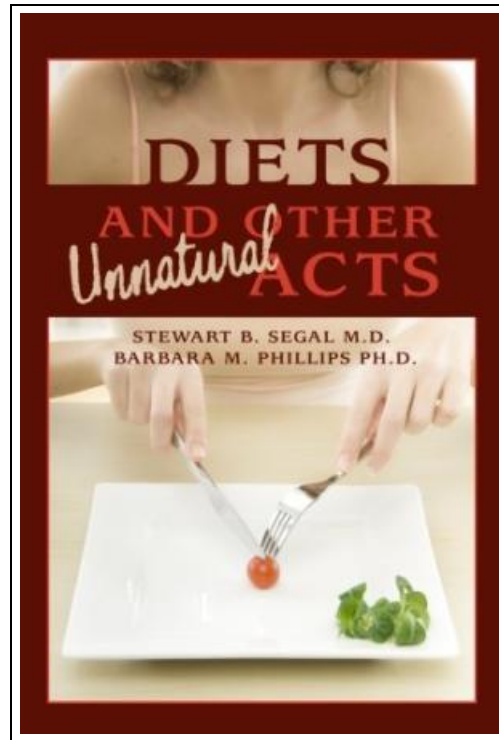


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Reviews

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Livewellthy, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Stewart Barry Segal, M.D. claims that America s obsession with dieting is killing the population. The unnatural effects of dieting leaves Americans five pounds heavier and unhealthier than when they started. In his book, Diets and Other Unnatural Acts, Dr. Segal explains that being wealthy is not as important as being wellthy. Dr. Segal credits an original patient for the inspiration to create his Live Wellthy system. After seeing how his patient misspent his health, Segal decided to write a book showing how crash diets and trendy magic bullets were ineffective and how living a life where being well trumps excesses and excuses would be beneficial to everyone. He uses his book to compare dieting to finances. He explains that people should invest in themselves the way they invest in their financial wellbeing. Everyone understands savings and checking accounts and the need to work toward financial security, Dr. Segal says. The same tools used to invest in building financial wealth can be used to gain physical, emotional, nutritional, and spiritual wellth. By working hard to build up wellthy reserves in your health accounts, you will be able to reap the benefits. Segal feels that America s obsession with quick-fix diets and exercise routines can prove to be unhealthy and needs to stop. By investing in your wellthy self, you can maintain a happy and healthy lifestyle without the ups and downs of dieting. This easy to read guide gives practical advice on caring for yourself. Dr. Segal uses analogies to build a workable healthcare plan that sets his book apart from any other lifestyle book. By encouraging his readers to adapt his Living Wellthy lifestyle, they can avoid making a bad health...



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