

Top Ten Preventable Causes of Premature Death with Real Stories of Change

<https://www.kobo.com/us/en/ebook/healthy-lifestyle-1>

<https://books.google.co.in/books?isbn=1481716158>

Cited in:

Healthy Lifestyle: Top Ten Preventable Causes of Premature Death with Real Stories of Change Paperback - 4/30 2013, Publisher: AuthorHouse (2013/5/1), ISBN-10: 9781481716178, ISBN-13: 978-1481716178, ASIN: 1481716174

Courtney O. Olcott MS MPH, Kathy L. Finley MS, Mohammad R. Torabi Ph.D.

Synopsis

Finding a user-friendly book on the topic of healthy living that is right for you can be challenging. If you want to learn more about the health issues most pertinent to your lifestyle, *Healthy Lifestyle: Top Ten Preventable Causes of Premature Death with Real Stories of Change* is the book for you. It is a guide to the health topics that you want to know about, such as sleep, stress, nutrition, spirituality, exercise, and mental health. Written clearly and without technical jargon, this book presents scientific information in a way that is accessible to anyone interested in health, from health professionals to the layperson. *Healthy Lifestyle* provides a comprehensive scope of the health topics that are presented. It includes the most salient and current information available on each subject along with its historical and social context and the current research in Western and alternative medicine. Learn how society and culture shape the way you think about your health while having access to current prevention research from a traditional and non-traditional point of view. Personal narratives illustrate how real individuals have found solutions to their health problems. These inspirational stories and *Healthy Lifestyle* may provide the motivation you need to make healthy changes to your lifestyle.

Reference

Gandhi, B.M. and Raina, N.: Alcohol induced changes in lipids and lipoproteins. *Alcoholism* 8 (1) 29-32, 1984