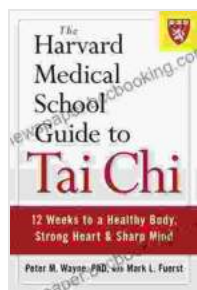


12 Weeks to a Healthier Body, Stronger Heart, and Sharper Mind

In his groundbreaking book 12 Weeks to a Healthier Body, Stronger Heart, and Sharper Mind, Dr. David L. Katz shows you how to achieve your health goals in just 12 weeks.



The Harvard Medical School Guide to Tai Chi: 12 Weeks to a Healthy Body, Strong Heart, and Sharp Mind

(Harvard Health Publications) by Peter Wayne

★★★★☆ 4.3 out of 5

Language	: English
File size	: 2973 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 353 pages



Dr. Katz's plan is based on the latest scientific research and has been proven to help people lose weight, lower blood pressure, improve cholesterol levels, and boost energy levels.

The 12-week plan includes:

- A step-by-step guide to healthy eating
- A personalized exercise program

- Stress-management techniques
- Sleep tips
- And more...

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- Eat for health and lose weight
- Get regular exercise
- Manage stress
- Sleep better
- Improve your overall health and well-being

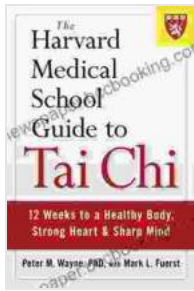
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About the Author

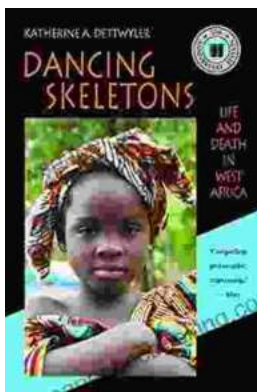
Dr. David L. Katz is a world-renowned expert in nutrition, weight management, and chronic disease prevention. He is the founding director of the Yale-Griffin Prevention Research Center and the author of over 20 books, including the New York Times bestseller *Disease Proof: The Remarkable Science of Diet, Exercise, and Genetics*. Dr. Katz has been featured in numerous media outlets, including *The Oprah Winfrey Show*, *The Today Show*, and *Good Morning America*.



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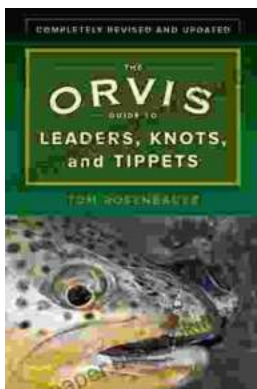
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