

suzanne somers eight steps to wellness

Suzanne Somers' Eight Steps to Wellness: A Holistic Approach to Vibrant Health

Are you tired of feeling sluggish, overwhelmed, and disconnected from your best self? Do you yearn for a deeper understanding of wellness that goes beyond fleeting trends and fad diets? Then you've come to the right place. This comprehensive guide delves into Suzanne Somers' renowned "Eight Steps to Wellness," a holistic approach that prioritizes bioidentical hormone replacement therapy (BHRT), nutrition, and lifestyle changes to achieve lasting vitality. We'll break down each step, offering practical advice and actionable strategies you can implement immediately to start your journey towards a healthier, happier you.

Understanding Suzanne Somers' Philosophy: Beyond the Buzz

Before we dive into the eight steps, it's crucial to understand the foundational principles behind Suzanne Somers' approach. She advocates for a personalized, proactive approach to health that empowers individuals to take control of their well-being. Somers isn't just promoting a diet or a workout routine; she's presenting a comprehensive philosophy that emphasizes the interconnectedness of mind, body, and spirit. Her emphasis on BHRT, while controversial in some circles, stems from her belief that hormonal balance plays a pivotal role in overall health and vitality. It's important to note that BHRT should only be pursued under the guidance of a qualified medical professional.

Suzanne Somers' Eight Steps to Wellness: A Detailed Breakdown

Now, let's explore the eight steps in detail, providing practical applications and tips for successful implementation:

1. Bioidentical Hormone Replacement Therapy (BHRT): The Foundation of Balance

Somers strongly believes that hormonal balance is the cornerstone of wellness. BHRT aims to replace declining hormones with bioidentical versions, mirroring the body's natural hormones. She emphasizes the importance of working with a knowledgeable physician to determine if BHRT is right for you and to develop a personalized treatment plan. Remember, this is not a one-size-fits-all solution and requires careful monitoring and adjustment.

1. Nutrition: Fueling Your Body for Optimal Function

This step focuses on a balanced diet rich in whole, unprocessed foods. Think plenty of fruits, vegetables, lean proteins, and healthy fats. Somers advocates for minimizing processed foods, sugar, and artificial ingredients. She emphasizes the importance of mindful eating and paying attention to how different foods make you feel. This step isn't about strict dieting; it's about nourishing your body with the nutrients it needs to thrive.

1. Exercise: Movement for Mind and Body

Regular physical activity is essential for overall health and well-being. Somers advocates for a balanced approach, incorporating both cardiovascular exercise and strength training. The key is to find activities you enjoy and can realistically incorporate into your routine. Even short bursts of activity throughout the day can make a significant difference.

1. Stress Management: Finding Your Inner Peace

Chronic stress can wreak havoc on your health. Somers emphasizes the importance of incorporating stress-reducing techniques into your daily life. This could include meditation, yoga, spending time in nature, or engaging in hobbies you enjoy. Finding healthy ways to cope with stress is crucial for both physical and mental well-being.

1. Sleep: The Restorative Power of Rejuvenation

Adequate sleep is essential for cellular repair and overall health. Somers emphasizes the importance of prioritizing sleep and creating a relaxing bedtime routine. This could include avoiding screens before bed, taking a warm bath, or reading a book. Aim for 7-8 hours of quality sleep each night.

1. Detoxification: Cleansing Your System

Somers advocates for regular detoxification to eliminate toxins from the body. This could include strategies like dry brushing, colon cleansing (under medical supervision), and consuming foods known for their detoxifying properties. It's important to approach detoxification responsibly and consult with a healthcare professional before undertaking any significant cleansing program.

1. Supplements: Filling Nutritional Gaps

Somers acknowledges that even with a healthy diet, it can be challenging to obtain all the necessary nutrients. She recommends specific supplements, such as vitamin D, magnesium, and omega-3 fatty acids, to support overall health. It's crucial to consult with your doctor before starting any new

supplements.

1. Positive Mindset: Cultivating Inner Strength

Maintaining a positive mindset is crucial for overall well-being. Somers emphasizes the importance of cultivating gratitude, practicing self-compassion, and focusing on your strengths. This could include journaling, affirmations, or spending time with loved ones. Nurturing a positive mental attitude can significantly impact your physical health.

Conclusion: Embracing a Holistic Approach to Wellness

Suzanne Somers' Eight Steps to Wellness offer a comprehensive and personalized approach to achieving optimal health and vitality. By incorporating these steps into your daily life, you can cultivate a greater sense of well-being and empower yourself to take control of your health journey. Remember, consistency is key, and it's crucial to listen to your body and adjust the program as needed. Consult with your healthcare provider before making any significant changes to your diet, exercise routine, or supplement regimen.

Frequently Asked Questions (FAQs)

1. Is BHRT right for everyone? No, BHRT is not suitable for everyone. It requires a thorough medical evaluation to determine if it's appropriate based on individual health needs and potential risks.
1. How long does it take to see results from following Suzanne Somers' eight steps? The timeframe for experiencing noticeable results varies depending on individual factors like starting health status and adherence to the program.
1. Are there any potential side effects of BHRT? Yes, potential side effects of BHRT can include mood swings, weight changes, and other hormonal imbalances. It's crucial to work with a qualified physician who can monitor for and manage any potential adverse effects.
1. Can I follow these steps without a doctor's supervision? While many of the steps are general lifestyle recommendations, aspects like BHRT and detoxification should always be discussed with a medical professional.

1. Are there any specific dietary recommendations beyond eating whole foods? While Somers doesn't prescribe a rigid diet, she advocates for reducing processed foods, sugar, and artificial ingredients, focusing on nutrient-dense whole foods. Individual needs may vary.

suzanne somers eight steps to wellness: Breakthrough Suzanne Somers, 2009-09-29 Are you thriving...or do you need a health BREAKTHROUGH? People are suffering and many haven't had access to the treatment they truly need to get better. Until now. In interviews with the most progressive doctors in the field of antiaging medicine, #1 New York Times bestselling author and women's health pioneer Suzanne Somers uncovers enlightening, lifesaving information for a natural, drug-free approach to living. Spending the time that you just won't have with your own doctor in today's challenged medical environment, she shares the 8 STEPS TO WELLNESS that form the cornerstone of breakthrough medicine. Readers will discover how to: • balance hormones through bioidentical (not synthetic, cancer-causing) hormone replacement • fix thyroid problems • sleep 8 to 9 hours each night without drugs • improve memory • detect diabetes early • restore hearing • preserve eyesight • and much more!

suzanne somers eight steps to wellness: Breakthrough Suzanne Somers, 2008 The best-selling author of Ageless introduces the concepts of breakthrough medicine and explains how to use its innovative new treatments and techniques to prevent and eliminate the problems associated with aging through a program of nutrition, hormone balance, nutritional supplements, and more. 600,000 first printing.

suzanne somers eight steps to wellness: Breakthrough Suzanne Somers, 2008-09-09 Life-Altering Secrets from Today's Cutting-Edge Doctors and the #1 New York Times Bestselling Author of Ageless Today's most trusted advocate of antiaging medicine, Suzanne Somers, deepens her commitment to helping people lead healthier, happier lives by opening their eyes to cutting-edge, proven remedies and preventative care that most doctors just aren't talking about with patients: longevity medicine and the more progressive study of bioidentical hormones. As we age, certain hormones diminish, creating an imbalance that can set off everything from perimenopause to cancer, beginning as early as our thirties. This hormonal imbalance is causing many to feel depressed, anxious, fatigued, sexless, sleepless, and ultimately ill, sometimes even terminally. What's more, Somers and twenty doctors in the field of antiaging medicine argue that the processed chemicals in foods and pharmaceuticals we ply ourselves with are actually slowly eroding our bodies and minds. So we're getting slammed twice. From estrogen dominance to deceptive thyroid problems, people are suffering, and most don't have access to the treatment they truly need to get better and thrive . . . until now. Breakthrough explores cutting-edge science and delivers smart, proactive advice on the newest treatments for breakthrough health and longevity. In addition to being a pioneer in a rapidly growing health field, Somers is a passionate, caring individual whose own life was derailed by disease and brought back to unimaginable, feel good heights that she wants you, too, to experience.

suzanne somers eight steps to wellness: Ageless Suzanne Somers, 2007-12-31 In this #1 New York Times bestseller, Suzanne Somers reveals the secrets to a younger, healthier, and sexier you. What if you could really feel better as you get older, or age without illness? What could be better than having your doctor tell you that you have the bones of a twenty-year-old, or the heart of a thirty-year-old? Follow the advice in Ageless, and you'll discover your own internal fountain of youth! Jam-packed with updated information on bioidentical hormone replacement and antiaging, Ageless will change your life forever. Suzanne talks about: • Antiaging medicine and how it can help work against the environmental assault that is making us sick • Menopause, which can become an enjoyable passage once the body is in perfect hormonal sync with bioidentical hormone replacement

therapy • Why so many hysterectomies are unnecessary, how birth control pills may have contributed to the rise of them, and how to restore your body to perfect hormonal balance after having one • The importance of sleep and the healing work that nature does during this time

suzanne somers eight steps to wellness: A New Way to Age Suzanne Somers, 2020-08-04 #1 New York Times bestselling author and health guru Suzanne Somers established herself as a leading voice on antiaging. With *A New Way to Age*, she “is at the forefront again, bringing seminal information to people, written in a way that all can understand” (Ray Kurzweil, author of *How to Create a Mind*) with this revolutionary philosophy for a longer and better-quality life that will make you feel like you’ve just had the best checkup ever. There is a new way to age. I’m doing it and it’s the best decision I’ve ever made. I love this stage of my life: I have ‘juice,’ joy, wisdom, and perspective; I have energy, vitality, clearheadedness, and strong bones. Most of us are far too comfortable with the present paradigm of aging, which normalizes pills, nursing homes, and “the big three”: heart disease, cancer, and Alzheimer’s disease. But you don’t have to accept this fate. Now there’s a new way to grow older—with vibrancy, freedom, confidence, and a rockin’ libido. This health bible from Suzanne Somers will explain how to stop aging like your parents and embrace cutting-edge techniques such as: balancing nutritional and mineral deficiencies; detoxifying your gut for weight loss; pain management with non-THC cannabis instead of harmful opioids; and much more. Aging well is mainly about the choices you make on a daily basis. It can be a fantastic process if you approach it wisely. After a lifetime of research, Suzanne came to a simple conclusion: what you lose in the aging process must be replaced with natural alternatives. In order to thrive you have to rid your body of chemicals and toxins. Start aging the new way today by joining Suzanne and her trailblazing doctors as they all but unearth the fountain of youth.

suzanne somers eight steps to wellness: Knockout Suzanne Somers, 2009 Draws on the expertise of eight doctors whose cutting-edge methods are enabling unprecedented cures, sharing the celebrity author's personal experiences as well as the survival stories of other cancer patients while identifying lifestyle strategies and challenging mainstream practices. By the best-selling author of *Ageless*.

suzanne somers eight steps to wellness: Bombshell Suzanne Somers, 2013-09-10 For the millions of fans who've made Suzanne Somers a bestselling author for years: the huge numbers of boomers and the post-40 crowd of health consumers interested in aging gracefully, successfully, and beautifully This groundbreaking new book aims to redefine aging as we know it. And who better to do it than Suzanne Somers, bestselling phenomenon, health pioneer, and the face of anti-aging medicine. Here she interviews future medicine's best and brightest to craft a plan that will reshape the way we treat, approach, and think about aging. Forget anti-aging; this is the next step: embracing it, looking forward to it, and enjoying it. Definitely pro-aging.

suzanne somers eight steps to wellness: Suzanne Somers' Slim and Sexy Forever Suzanne Somers, 2005 Draws on the latest medical and nutritional research to present an effective approach to losing weight and balancing hormones for optimal health and vitality, without the damage created by the long-term effects of a low carbohydrate diet.

suzanne somers eight steps to wellness: Sexy Forever Suzanne Somers, 2010-12-28 What If Your Weight Wasn't Your Fault? If you are like most, you have tried to find an easy, enjoyable, permanent weight loss solution. One that doesn't make you give up too many of your favorite foods, have you working out like a maniac, and won't fail you in the long run. But long-term success is awfully hard if you don't address the hidden culprit behind the excess fat we carry: the toxic burden our bodies have accumulated. Whether you have just a few pounds to lose or are battling more, this new plan from health pioneer Suzanne Somers will give you the knowledge you need to easily combat these toxins and become slim, vibrant, healthy, and sexy . . . forever. Within the pages of *Sexy Forever* you will discover: Thousands of FDA-approved chemicals and toxins surrounding us every day that sabotage our health and weight—and how to conquer these enemies. A simple-to-follow three-phase weight loss program, filled with rich, delicious foods. Plus, a special Detox Phase that has been designed to release your toxic burden and blast off those first—or last

few—pounds. All-new delicious recipes, with menus for fabulous eating every day. A moderate (hint: fast and easy!) exercise program to keep you fit and healthy. Ways to jump-start your success: cutting-edge, natural tools and products to make every step of the plan faster, easier, and more convenient. Includes amazing supplements and weight loss products to help catapult your success. A simple test that could unlock the hidden secret to your personal food demons—food sensitivities or intolerances that could silently be keeping you overweight or even chronically ill. How to achieve natural hormonal balance: the missing ingredient for every person over forty that must be added to make any plan successful. An all-access pass to revered doctors, experts, and nutritionists who helped Suzanne craft the plan. **YOU CAN WIN THIS BATTLE. YOUR GOALS ARE ACHIEVABLE.** Stay the course and you'll be on the path to regaining the vibrant health you were born to have. Sexy Forever is your ticket there.

suzanne somers eight steps to wellness: I'm Too Young for This! Suzanne Somers, 2014-09-23 Why Wait to Feel Good Again? If you're in your thirties or forties, your body is changing, and so are your moods, sleep, health, and weight. Tired of being at the mercy of your hormones? Armed with the knowledge in this book, you don't have to be. Perimenopause can be enjoyable if you know what to do. *I'm Too Young for This!* details how you can get your body and mind back on track, safely and without drugs, including: - How our bodies transition hormonally—from puberty through perimenopause. - The common complaints of perimenopause—and hidden factors that may keep you symptomatic. - What are the minor and major hormones, and the important role they play in feeling good and staying vibrant and healthy. - What to eat—including Perimenopausal Power Foods—as well as other lifestyle shifts that are critical to your successful transition. - Cutting-edge research that proves the safety and efficacy of bioidentical hormone replacement (BHRT). - The Symptom Solver: a state-of-the-art guide to immediate relief for your hormonal complaints. Plus, how to find the right doctor as well as get your most frequently asked questions answered by expert hormone specialists. Your life is about to change for the better. You can feel great, be vibrant, healthy, thin, and sexy! This book shows you how.

suzanne somers eight steps to wellness: Tox-Sick Suzanne Somers, 2015 Suzanne interviews cutting-edge doctors in the fields of environmental medicine and integrative health, providing a clear identification of the core reasons we're so 'tox-sick' as well as a whole-life plan for detoxifying your body, home, and life for optimal health, weight, and living. **ENVIRONMENTAL TOXICITY--A LOOMING HEALTH THREAT:** The air we breathe, food we eat, homes we live in, and work spaces we inhabit are filled with toxicity; chemicals and other substances that are wreaking havoc on every health system in the body. Our bodies filtering systems and protectors are stretched to the breaking point and rising levels of dysfunction in all major organ systems are the result. Suzanne interview pioneering physicians to address this overload and support the body in its crucial work of keeping us healthy.

suzanne somers eight steps to wellness: Suzanne Somers' Get Skinny on Fabulous Food Suzanne Somers, 2011-02-23 After the phenomenal success of *Eat Great, Lose Weight*, Suzanne Somers was flooded with letters and phone calls from people who had lost weight the Somersize way. They had followed Suzanne's satisfying and effective program and for the first time had gained control over their weight and their health. There was no more dieting, no more deprivation, and the pounds just seemed to melt away. Now, Suzanne takes readers to the next step toward greater health and fitness in *Suzanne Somers' Get Skinny on Fabulous Food*. With breakthrough research on food and our bodies, an easy-to-follow weight-loss plan, and more than 130 amazing new Somersized recipes, this book is a must-read for anyone looking to shed pounds or maintain their weight—even while eating meat, cheese, butter, dressings, desserts, and other delicious foods not found on most eating plans. Backed up by renowned endocrinologist Dr. Diana Schwarzbein, Suzanne tells how sugar, not fat, is responsible for weight gain, and how combining food properly and eating a diet that is low in carbohydrates and that includes plenty of natural fats and proteins will not only help you lose weight but also can reprogram your metabolism, lower your cholesterol and blood pressure, and give you more energy. Somersizing is not a diet, but a way of life. In *Get Skinny on Fabulous Food*

you will find inspiring testimonials from some of Suzanne's greatest success stories, people who have lost weight, lowered blood pressure, and eliminated digestive problems by Somersizing. And you can join Suzanne and her family as they celebrate good food and good times throughout the year with dinners, brunches, and other special-occasion meals that are perfectly Somersized yet perfectly delicious. It is almost impossible to believe you can lose weight and still feel so indulged! Best of all, Suzanne shares more than 130 new mouthwatering Somersized recipes, including Milanese Beef with Sautéed Onions and Mushrooms in a Port Wine Sauce, Spicy Rock Shrimp Salad, Fried Rice with Shiitake Mushrooms, Decadent White Chocolate Cake, and Crème Brûlée. Once again, Suzanne Somers proves that you really can get, and stay, skinny on fabulous food! Look for *Eat Great, Lose Weight* now available in paperback

suzanne somers eight steps to wellness: Mastering the Life Plan Jeffry S Life, 2014-06-24 A companion to 'The life plan' distills the author's fitness program into a simple, customizable format that incorporates additional exercises, new meal plans, an expanded food guide, and the latest information on hormone optimization.

suzanne somers eight steps to wellness: Keeping Secrets Suzanne Morris, 2000-05 The Great European War and the threat of revolution in Mexico cast suspicion and distrust over the tranquil plazas of the sleepy Texas town of San Antonio, and two women find their lives and destinies entangled in romance, intrigue, and espionage. The consequent shattering of dreams and illusions is compelling Macon Telegraph & News

suzanne somers eight steps to wellness: Suzanne Somers' 365 Ways to Change Your Life Suzanne Somers, 1999 In this remarkable, uplifting book, best-selling author and beloved TV personality Suzanne Somers tackles everyday worries, doubts, and conflicts with practical answers and spiritual affirmations that lead the reader down the path to resolution, inner strength, and, ultimately, a happy and enriched life. As a sought-after lecturer and favorite commencement speaker, Suzanne often speaks to standing-room-only audiences about her own hard-won wisdom--wisdom distilled from a lifetime of transforming negatives into positives. With her usual warmth and candor, Suzanne guides her readers through each week with stories from her own journey and plenty of advice about how to: Find joy in your life every day by appreciating the simple things. Turn obstacles into opportunities and learn from even the stupidest mistakes. Resolve conflict with family and strengthen your relationships with loved ones. Realize the dreams you'd put aside, or even given up on. Appreciate yourself so that others will too. In this daily course of affirmations, meditations, and miracles, Suzanne Somers has created the perfect companion for anyone who's looking to change her life . . . but doesn't quite know where to begin.

suzanne somers eight steps to wellness: Two's Company Suzanne Somers, 2017-11-14 In her most personal and inspiring book yet, New York Times bestselling author Suzanne Somers shows readers how to shape a healthy, lasting relationship through the lens of her fifty-year love affair with her husband, Alan Hamel. For the first time, Suzanne will expose the inner workings of her marriage: a winning combination of love, business, and family. Starting from the very beginning, when a big-city guy from Toronto met a small-town girl from San Bruno, California, readers will get a behind-the-scenes perspective on Suzanne's groundbreaking success as a TV star and Las Vegas diva, multiple-bestselling author, and successful entrepreneur and businesswoman, along with her more personal life as a mother, partner, and ultimately self-fulfilled woman. Through fame, fortune, sickness and blended families, Suzanne and Alan have kept the vitality of their marriage alive—together 24/7 (and haven't spent a night apart in 37 years), and combining business savvy in their constantly evolving relationship. Now, Suzanne reveals hard-won advice on how to rely on another person without sacrificing individual strengths. In this mixture of love story, memoir, and practical guide, readers, too, will discover how to forge and maintain a true partnership that's built to last.

suzanne somers eight steps to wellness: Suzanne Somers' Eat Great, Lose Weight Suzanne Somers, 2013-01-16 "Life's best memories come from around the table. This is why I love Suzanne's book. If people follow her suggestions, they will learn to enjoy food again, which is a great gift."—Pino Luongo, author of *A Tuscan in the Kitchen* No one knows the self-denial—and the failure

rate—of dieting better than Suzanne Somers. The Three's Company and Step-by-Step star struggled with her weight for twenty years. But now, after years of experimentation and consultation with more than one hundred nutritionists and dietitians, Suzanne has developed a weight-loss plan that truly succeeds. With over a hundred recipes for great-tasting creative and traditional dishes, *Eat Great, Lose Weight* will help you free yourself from food cravings, get off the diet roller coaster, and learn to love food again. You won't believe how easy it is to look and feel your best!

suzanne somers eight steps to wellness: The Sexy Years Suzanne Somers, 2004-03-09
Getting older can be brutal—women gain weight, lose their sex drive, experience hot flashes, suffer memory loss, become short-tempered, find it difficult to sleep, and on and on. It's not so easy for men, either—they start to lose energy and stamina as they age, too (and they have to live with women going through menopause). After years of being thin and fit and full of energy, Suzanne herself encountered the “Seven Dwarfs of Menopause”—Itchy, Bitchy, Sweaty, Sleepy, Bloated, Forgetful, and All-Dried-Up. Instead of living out the rest of her life cranky, sleep-deprived, and libido-less, Suzanne set out to discover how she could get her mind, body, and life back and banish those pesky dwarfs for good. The result is *The Sexy Years: Discover the Hormone Connection—The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Men*. In this passionately argued and enormously practical book, Suzanne supports her own research and experiences with the expertise of leading doctors in the field of women's and men's health and sexuality to create an inspiring, accessible call-to-arms to women to radically rethink how they approach life after fifty, and give them the tools to turn their lives around. Suzanne has discovered that the second half of life has been more rewarding, fun, and purposeful than her younger years. The key to her happiness? Taking natural bioidentical hormones. Natural hormones, which mimic the hormones produced in our own bodies that are almost completely lost with aging, are the answer to the symptoms of menopause that plague women. Recent findings from the medical community show that synthetic hormone replacement therapy (HRT) may be harmful to women—thus, thousands of women are looking for what else they can do to alleviate their symptoms. In *The Sexy Years*, Suzanne comes to the rescue with a step-by-step plan and detailed information about how women can take control of their health, for themselves and for their men, including: • What the differences are between synthetic and bioidentical hormones, and why bioidentical hormones help women lose weight, reinvigorate their sex lives, and fight the symptoms of aging • How doctors do not receive adequate training about hormones and are slaves to the pharmaceutical industry, and what questions every woman must ask her physician about hormone replacement therapy and her health • How Suzanne turned her life around, with information about how often she visits her doctor, blood work, what hormones she takes, how to get these hormones, and more • What male menopause, or andropause, is and how men can also take bioidentical hormones and regain the energy they had in their youth • What a variety of specialists think about natural hormones, health, and sexuality—Suzanne shares the best advice from these doctors and provides a resource list of physicians and pharmacies With bioidentical hormone replacement therapy, Suzanne has found the fountain of youth, the elixir that has made her feel thirty years old again. In combination with her Somersize diet and fitness plan, which she also writes about here, Suzanne has never felt better. The beauty of growing older, she maintains, is that you can combine the wisdom of age with the vitality of youth. Suzanne makes it perfectly clear how women and men can regain their zest for life at any age. These really are the sexy years!

suzanne somers eight steps to wellness: Beginner's Pluck Liz Forkin Bohannon, 2019-10-01
There's no lack of people out there telling you to find your passion and dream big. But why does it seem like when we try, we so often end up more lost and overwhelmed than when we started? Liz Forkin Bohannon wants you to rethink everything you've been told about finding your passion and following your dreams. Why? Hate to break it to you, but you're likely never going to find your passion. Because your passion and purpose are something you build--actively--day by day. In her signature tell-it-like-it-is fashion, Liz shares 14 actionable principles that will teach you how to do just that. With total transparency, Liz shares hilarious and heartbreaking stories of her journey of

screwups and successes that illustrate the mindsets and principles that will give you a jolt of energy, inspiration, and direction toward your True North. By embracing your Inner Beginner, dreaming small, choosing curiosity over criticism, and so much more, Liz's story and the principles of Beginner's Pluck will have you on your way to building a life of purpose, passion, and lasting impact. Ready to rise to the occasion? It's time to make this life everything you want it to be. ***** Brave, practical, and true, Liz shares her magical journey for anyone brave enough (and generous enough) to want to go on the journey of a lifetime.--Seth Godin I met Liz more than a decade ago in Gulu, Uganda. Beginner's Pluck is a thoughtful book about what Liz has been strategically doing in the world, not merely optimistically hoping for. Her authentic voice is one I trust because I've seen what she's done. As you flip these pages, you won't want to be more like Liz. Instead, you'll want to figure out what your next steps are to release your passions, hopes, and love into a world which is in desperate need of someone just like you to engage it.--Bob Goff, hon. consul for the Republic of Uganda and author New York Times bestsellers Love Does and Everybody Always I am SO VERY GLAD this book exists. We have long needed Liz's expert voice speaking into the minds of dreamers and doers, the ones who have the ideas and want to execute, and the ones who are exhaustedly executing. We want purpose in our day, and Liz does it with her life and teaches it here.--Annie F. Downs, bestselling author of 100 Days to Brave and Remember God

suzanne somers eight steps to wellness: The Life Plan Jeffry S. Life, 2012-07-31 For men seeking to make over their bodies and turn back the clock, The Life Plan, a New York Times bestseller, delivers the keys to a fitter body, a stronger immune system, and a richer, fuller life.

suzanne somers eight steps to wellness: Health, Happiness, and Well-Being Steven Jay Lynn, William T. O'Donohue, Scott O. Lilienfeld, 2015 CHAPTER 14: MAKING MARRIAGE (AND OTHER RELATIONSHIPS) WORK -- CHAPTER 15: THE JOYS OF LOVING: ENHANCING SEXUAL EXPERIENCES -- CHAPTER 16: RAISING OUR KIDS WELL: GUIDELINES FOR POSITIVE PARENTING -- CHAPTER 17: FINANCIAL SKILLS -- AUTHOR INDEX -- SUBJECT INDEX

suzanne somers eight steps to wellness: Poisoned Alan Bell, 2017-04-04 After years of prosecuting hard-core criminals, rising legal star Alan Bell took a private sector job in South Florida's newest skyscraper. Suddenly, he suffered such bizarre medical symptoms, doctors suspected he'd been poisoned by the Mafia. Bell's rapidly declining health forced him to flee his glamorous Miami life to a sterile "bubble" in the remote Arizona desert. As his career and marriage dissolved, Bell pursued medical treatments in a race against time, hoping to stay alive and raise his young daughter, his one desperate reason to keep going. He eventually discovered he wasn't poisoned by a criminal, but by his office building. His search for a cure led him to discover the horrifying truth: his tragedy was just the tip of the iceberg. Millions of people fall ill and die each year because of toxic chemical exposures—without knowing they're at risk. Stunned by what he discovered, Bell chose to fight back, turning his plight into an opportunity. Despite his precarious health, he began collaborating with scientists dedicated to raising awareness about this issue. Soon, he also found himself drawn back into the legal field, teaming up with top lawyers fighting for those who had already fallen ill. Both a riveting medical mystery and a cautionary tale, this book puts a human face on the hidden truths behind toxic dangers assailing us in our everyday environments—and offers practical ways to protect ourselves and our children.

suzanne somers eight steps to wellness: Transforming the Police Charles M. Katz, Edward R. Maguire, 2020-01-17 Policing in the United States is at a crossroads; decisions made at this juncture are crucial. With the emergence of evidence-based policing, police leaders can draw on research when making choices about how to police their communities. Who will design the path forward and what will be the new standards for policing? This book brings together two qualified groups to lead the discussion: academics and experienced police professionals. The School of Criminology and Criminal Justice at Arizona State University recruited faculty with expertise in policing and police research. This volume draws on that expertise to examine 13 specific areas in policing. Each chapter presents an issue and provides background before reviewing the available research on potential solutions and recommending specific reform measures. Response essays

written by a current or former police leader follow each chapter and reflect on the recommendations in the chapter. The 13 chapters and response essays present new thinking about the police, their challenges, and the reforms police agencies should consider adopting. Policy makers, practitioners, educators, researchers, students and anyone interested in the future of policing will find valuable information about: the benefits of adopting evidence-based policing; leading strategic crime-control efforts; instituting procedural justice to enhance police legitimacy; reducing use of force; combatting racially biased policing; establishing civilian oversight; implementing a body-worn camera program; creating sentinel event reviews; developing police-university collaborations; facilitating organizational justice in police departments; improving officer health and wellness; handling protests; and increasing the effectiveness of police responses to sexual assault.

suzanne somers eight steps to wellness: MoneyBall Medicine Harry Glorikian, Malorye Allison Branca, 2017-11-20 How can a smartwatch help patients with diabetes manage their disease? Why can't patients find out prices for surgeries and other procedures before they happen? How can researchers speed up the decade-long process of drug development? How will Precision Medicine impact patient care outside of cancer? What can doctors, hospitals, and health systems do to ensure they are maximizing high-value care? How can healthcare entrepreneurs find success in this data-driven market? A revolution is transforming the \$10 trillion healthcare landscape, promising greater transparency, improved efficiency, and new ways of delivering care. This new landscape presents tremendous opportunity for those who are ready to embrace the data-driven reality. Having the right data and knowing how to use it will be the key to success in the healthcare market in the future. We are already starting to see the impacts in drug development, precision medicine, and how patients with rare diseases are diagnosed and treated. Startups are launched every week to fill an unmet need and address the current problems in the healthcare system. Digital devices and artificial intelligence are helping doctors do their jobs faster and with more accuracy. *MoneyBall Medicine: Thriving in the New Data-Driven Healthcare Market*, which includes interviews with dozens of healthcare leaders, describes the business challenges and opportunities arising for those working in one of the most vibrant sectors of the world's economy. Doctors, hospital administrators, health information technology directors, and entrepreneurs need to adapt to the changes effecting healthcare today in order to succeed in the new, cost-conscious and value-based environment of the future. The authors map out many of the changes taking place, describe how they are impacting everyone from patients to researchers to insurers, and outline some predictions for the healthcare industry in the years to come.

suzanne somers eight steps to wellness: Building the Case for Health Literacy National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Roundtable on Health Literacy, 2018-08-26 The field of health literacy has evolved from one focused on individuals to one that recognizes that health literacy is multidimensional. While communicating in a health literate manner is important for everyone, it is particularly important when communicating with those with limited health literacy who also experience more serious medication errors, higher rates of hospitalization and use of the emergency room, poor health outcomes, and increased mortality. Over the past decade, research has shown that health literacy interventions can significantly impact various areas including health care costs, outcomes, and health disparities. To understand the extent to which health literacy has been shown to be effective at contributing to the Quadruple Aim of improving the health of communities, providing better care, providing affordable care, and improving the experience of the health care team, the National Academies of Sciences, Engineering, and Medicine convened a public workshop on building the case for health literacy. This publication summarizes the presentations and discussions from the workshop, and highlights important lessons about the role of health literacy in meeting the Quadruple Aim, case studies of organizations that have adopted health literacy, and discussions among the different stakeholders involved in making the case for health literacy.

suzanne somers eight steps to wellness: The Life Plan Diet Jeffry S. Life, 2014-03-18 Feel younger even as you grow older! From New York Times bestselling author Dr. Life, this

heart-healthy diet plan will help men aged fifty and older lose weight, boost their energy, and build strong bodies and minds. Lose the Belly Fat, Become Heart-Healthy, and Look and Feel Years Younger For most men, having six-pack abs seems like an impossible goal. But look no further than Dr. Jeffry Life, who transformed himself from an overweight fifty-nine-year-old with low sex drive, sky-high cholesterol levels, and borderline diabetes into the picture of health. Best of all, he's been able to maintain his physique for more than fifteen years. His journey has inspired thousands of men across the country. Now it's your turn to follow his path toward total wellness. The bestselling author of *The Life Plan* and the popular face of anti-aging medicine has one simple message: Any man can lose significant amounts of weight and keep those pounds off permanently. Well-defined abs are the hallmark of good health, and *The Life Plan Diet* will show you how to lose the belly fat so that you can not only find your six-pack, but more important, lower your risk of heart disease, step off the blood-sugar roller coaster, and ignite your sex life. This groundbreaking diet book offers a four-tiered approach to losing weight without strenuous exercise. It features: • a jump-start diet that puts men on the right track with quick results • a basic health diet that optimizes blood sugar levels by eating plenty of the right foods all day long • a fat-burning diet that powers through weight loss plateaus to let you continue to lose weight week after week • a heart-health diet for men who want to lose weight and reverse heart disease This simple program doesn't require expensive equipment or difficult recipes with hard-to-find ingredients. Instead, it focuses on teaching men over fifty how to increase metabolism and shed real pounds. Packed with easy everyday menus and rules for eating out, tips for enhancing muscle mass and bone strength, foods that naturally increase testosterone levels and growth hormone, and good food habits for optimizing brain function, *The Life Plan Diet* is a proven and wildly successful method to help men over fifty lose weight and remain vital.

suzanne somers eight steps to wellness: *Brave New Medicine* Cynthia Li, 2019-09-01 In this revelatory memoir, Doctor Cynthia Li shares the truth about her disabling autoimmune illness, the limitations of Western medicine, and her hard-won lessons on healing—mind, body, and spirit. Li had it all: a successful career in medicine, a loving marriage, children on the horizon. But it all came crashing down when, after developing an autoimmune thyroid condition, mysterious symptoms began consuming her body. Test after test came back within normal limits, baffling her doctors—and baffling herself. Housebound with two young children, Li began a solo odyssey from her living room couch to find a way to heal. *Brave New Medicine* details the physical and existential crisis that forces a young doctor to question her own medical training. She dives into the root causes of her illness, learning to unlock her body's innate intelligence and wholeness. Li relates her story with the insight of a scientist, and the humility and candor of a patient, exploring the emotional and spiritual shifts beyond the physical body. Millions of people worldwide are affected by autoimmune disease. While complex conditions like chronic fatigue syndrome (ME/CFS) are gaining attention, patients struggling with these mysterious ailments remain largely dismissed by their doctors, families, and friends. This is the harsh reality that doctor-turned-difficult patient Li faced firsthand. Drawing on cutting-edge science, ancient healing arts, and the power of intuition, this memoir offers support, validation, and a new perspective for doctors and patients alike. Through her story, you can find the wisdom and heart to start your own healing journey, too.

suzanne somers eight steps to wellness: *Health Revelations from Heaven and Earth* Tommy Rosa, Stephen Sinatra, 2015-10-27 Fifteen years ago, Bronx-born plumber Tommy Rosa died in a hit-and-run incident. Lying by the road, he felt a tug whisking him off into a tunnel of light to meet his Divine Teacher in Heaven. After several weeks in a coma, Tommy returned to Earth, to walk again with a heightened sense of connection to one and all. Around the same time, Dr. Stephen Sinatra, an integrative cardiologist, was dismantling the prevailing ideas of preventive pharmacology with his holistic approach to treatment. In their first encounter, Tommy got the intuitive message that Dr. Sinatra had an infection in his hip. Tommy's insight confirmed Dr. Sinatra's own similar thoughts of infection. When Tommy shared with Dr. Sinatra the divine revelations of healing that he had learned, Dr. Sinatra was shocked--the keys to solving the imbalance of energy that he had identified as the cause of most chronic illness were the same as those Tommy was relating. From

this intersection of the divine and the scientific, Tommy Rosa and Dr. Sinatra began writing a prescriptive guide for healthy living. In *Health Revelations from Heaven and Earth*, Tommy Rosa reveals the 8 Revelations, gleaned from God, that will lead you toward revitalized health, a newfound sense of purpose, and spiritual balance--fully corroborated by Dr. Sinatra's four decades of medical expertise--bringing Heaven and Earth a little bit closer.

suzanne somers eight steps to wellness: Health Literacy in Nursing Terri Ann Parnell, 2014-08-18 Print+CourseSmart

suzanne somers eight steps to wellness: The Dog Cancer Survival Guide Demian Dressler, Susan Ettinger, 2011 If your dog has cancer, you need this book. No matter what you've heard, there are always steps you can take to help your dog fight (and even beat) cancer. This scientifically researched guide is your complete reference for practical, evidence-based strategies that can optimize the life quality and longevity for your dog. No matter what diagnosis or stage of cancer your dog has, this book is packed with precious advice that can help now. Discover the Full Spectrum approach to dog cancer care: Everything you need to know about conventional western veterinary treatments (surgery, chemotherapy and radiation) including how to reduce their side effects. The most effective non-conventional options, including botanical nutraceuticals, supplements, nutrition, and mind-body medicine. How to analyze the options and develop a specific plan for your own dog based on your dog's type of cancer, your dog's age, your financial and time budget, your personality, and many other personal factors. Imagine looking back at this time in your life, five years from now, and having not a single regret. You can help your dog fight cancer and you can honor your dog's life by living each moment to the fullest, starting now. This book can help you as it has helped thousands of other dog lovers. The Authors Dr. Demian Dressler, DVM practices in Hawaii and is internationally recognized as the dog cancer vet and blogs at DogCancerBlog.com. Dr. Susan Ettinger, DVM is a veterinary oncologist and a diplomate of the American College of Internal Medicine who practices in New York. Praise from Veterinarians, Authors & Book Reviewers The future is upon us and this ground-breaking book is a vital cornerstone. In dealing with cancer, our worst illness, this Survival Guide is educational, logical, expansive, embracing, honest and so needed. Dr. Marty Goldstein, DVM Holistic veterinarian and Host, Ask Martha Stewart's Vet on Sirius Radio The message of this book jumps off the written page and into the heart of every reader, and will become the at home bible for cancer care of dogs. The authors have given you a sensible and systematic approach that practicing veterinarians will cherish. I found the book inspiring and, clearly, it will become part of my daily approach to cancer therapy for my own patients. Dr. Robert B. Cohen, VMD Bay Street Animal Hospital, New York I wish that I had had *The Dog Cancer Survival Guide* when my dearly beloved Flat-coated Retriever, Odin, contracted cancer. It would have provided me alternative courses of action, as well as some well needed reality checks which were not available from conversations with my veterinarian. It should be on every dog owner's book shelf--just in case... Dr. Stanley Coren, PhD, FRSC author of many books, including *Born to Bark* A comprehensive guide that distills both alternative and allopathic cancer treatments in dogs...With the overwhelming amount of conflicting information about cancer prevention and treatment, this book provides a pet owner with an easy to follow approach to one of the most serious diseases in animals. Dr. Barbara Royal, DVM The Royal Treatment Veterinary Center, Oprah Winfrey's Chicago veterinarian Picking up *The Dog Cancer Survival Guide* is anything but a downer: it's an 'empowerer.' It will make you feel like the best medical advocate for your dog. It covers canine cancer topics to an unprecedented depth and breadth from emotional coping strategies to prevention-in plain English. Read this book, and you will understand cancer stages, treatment options, and types, and much more. If you have just had the dreaded news, pick up a copy and it will guide the decisions your dog trusts you to make. Laure-Anne Visel Dog behavior specialist and technical dog writer, CanisBonus.com

suzanne somers eight steps to wellness: The Longevity Book Cameron Diaz, 2016

suzanne somers eight steps to wellness: 32 Ways To OutSmart Cancer Dr. Nalini Chilkov LAc OMD, 2014-06-21 32 Ways To OutSmart Cancer, Create A Body In Which Cancer Cannot Thrive,

is the definitive step by step easy to follow roadmap to a cancer free life. Get access to the same time tested recommendations Dr. Chilkov has made available only to her exclusive celebrity patients for over 30 years. This transformational guide is for people living with and recovering from cancer and those who do not want to get cancer in the first place. Learn how to turn on your cancer fighting genes so that you can live long and live well!--Publisher's description.

suzanne somers eight steps to wellness: *Stupid Things I Won't Do When I Get Old* Steven Petrow, 2021-06-29 For fans of David Sedaris and Nora Ephron, a humorous, irreverent, and poignant look at the gifts, stereotypes, and inevitable challenges of aging, based on award-winning journalist Steven Petrow's wildly popular New York Times essay, *Things I'll Do Differently When I Get Old*. Soon after his 50th birthday, Petrow began assembling a list of "things I won't do when I get old"—mostly a catalog of all the things he thought his then 70-something year old parents were doing wrong. That list, which included "You won't have to shout at me that I'm deaf," and "I won't blame the family dog for my incontinence," became the basis of this rousing collection of do's and don'ts, wills and won'ts that is equal parts hilarious, honest, and practical. The fact is, we don't want to age the way previous generations did. "Old people" hoard. They bore relatives—and strangers alike—with tales of their aches and pains. They insist on driving long after they've become a danger to others (and themselves). They eat dinner at 4pm. They swear they don't need a cane or walker (and guess what happens next). They never, ever apologize. But there is another way... In *Stupid Things I Won't Do When I Get Old*, Petrow candidly addresses the fears, frustrations, and stereotypes that accompany aging. He offers a blueprint for the new old age, and an understanding that aging and illness are not the same. As he writes, "I meant the list to serve as a pointed reminder—to me—to make different choices when I eventually cross the threshold to 'old.'" Getting older is a privilege. This essential guide reveals how to do it with grace, wisdom, humor, and hope. And without hoarding. Praise for *Stupid Things I Won't Do When I Get Old*: "Unbelievably witty and relatable, I alternated bursting into laughter and placing my hand over my face in horror thinking, Oh my God, is that me? I often say, at this age we have something young people can never have...wisdom. My dear friend, Steven Petrow, has wisdom to share in this honest, funny, wry guide to keep us young at heart, without desperately hanging onto our youth. I am buying this book for all of my friends!" —Suzanne Somers, New York Times bestselling author of *A New Way to Age* "Stupid Things I Won't Do When I Get Old is an irreverent, funny, honest look at aging and all the things we take for granted as normal parts of aging. They don't need to be. If you struggle with getting older and want to find a fresh perspective on lessons learned about what NOT to do as we age, and what TO do to stay young in heart, spirit, mind and body, read this book." —Mark Hyman, MD, #1 New York Times bestseller author of *The Blood Sugar Solution 10-Day Detox Diet*, and Head of Strategy and Innovation at the Cleveland Clinic Center for Functional Medicine. "Steven Petrow resolved to do things differently than his parents had when he gets old because he wished they'd been able to enjoy life more. His solution? He created a list! In this book, he shares the secrets to living a full life regardless of our age. It's all about the decisions we make every day. My advice in a nutshell: Read this book and keep it handy." —"Dear Abby" (Jeanne Phillips), nationally syndicated advice columnist "It's never too early to imagine what your life will look like as you age. And as I once wrote, 'We are not hostages to our fate.' Petrow's book will help you plan, think, and redefine what it means to get older—and even laugh while doing it." —Andrew Weil, MD, New York Times bestselling author of *Spontaneous Healing* and *Healthy Aging: A Lifelong Guide to Your Well-Being* "Steven Petrow not only has a great attitude about life, he is wise about how to live it. Like me, he says we should embrace our one life 100% and not let a number—our age—get in the way of anything! Steven's book will help you rethink the word "aging" and approach this next chapter with a positive and proactive attitude. Plus, this book is fun!" —Denise Austin, renowned fitness expert, author, and columnist "Steven's writing feels like sitting with a friend—one who is unusually gracious, warm and frank." —Carolyn Hax, author of the nationally syndicated advice column, Carolyn Hax Praise for Steven Petrow: *Steven Petrow's Complete Gay & Lesbian Manners* helps gays and straights navigate the subtleties of the same-sex world. —People Move over, Emily Post! When it comes to etiquette for

members of the gay, lesbian, bisexual and transgender community—as well as their straight friends, family members and coworkers--author and journalist Steven Petrow is the authority. —TIME What could've easily become a novelty book has emerged as an exhaustively researched, essential resource thanks to advice columnist and etiquette expert Steven Petrow. —The Advocate From having kids to planning funerals, Steven Petrow's Complete Gay & Lesbian Manners has most facets of gay life covered. Ms. Post would approve. —Entertainment Weekly An indispensable refresher course...on what's proper in modern...life. —Kirkus Reviews

suzanne somers eight steps to wellness: Anticancer David Servan-Schreiber, 2008 The author describes his treatment for brain cancer, challenges beliefs about the body's ability to heal, identifies the environmental and lifestyle factors that promote cancer growth, and outlines conventional and alternative therapies.

suzanne somers eight steps to wellness: The Skinny Confidential Lauryn Evarts, 2014-03-04 A comprehensive collection of lifestyle information, including tips on eating, exercising, and fashion.

suzanne somers eight steps to wellness: The Hormone Solution Erika Schwartz, 2008-11-15 Renowned expert Dr. Erika Schwartz shares her successful program for treating the symptoms of hormone imbalance, combining her professional experience with her own story. A hormone specialist with more than 20 years of experience, Erika Schwartz subscribed to conventional methods of treating menopausal women- until she became one. When she realized that available treatment options were ineffective for her-and for millions of women-she started looking for an alternative. What she discovered are safe, effective, and natural forms of hormonereplacement, virtually free of side effects, that can be used to treat a myriad of problems in women of all ages, including acne, migraines, PMS, post-partum depression, and fibroids, as well as the common symptoms of menopause. Now, in this revolutionary book, Dr. Schwartz shares her proven program to help women prevent, reduce, and even eliminate these symptoms of hormone imbalance naturally. Readers will also learn when and where to get natural hormones and why they can change women's lives for the better.

suzanne somers eight steps to wellness: *Suzanne Somers' Fast & Easy* Suzanne Somers, 2004-04-27 In this #1 New York Times bestseller, find out how to lose weight the fast and easy way by eating home-cooked meals made in 30 minutes or less that the whole family will love. More than 5 million readers have lost weight the Somersize way after reading Suzanne's New York Times bestsellers *Eat Great, Lose Weight*; *Get Skinny on Fabulous Food*; *Eat, Cheat, and Melt the Fat Away*—and now *Fast and Easy*. In her latest book, Suzanne makes Somersizing simple, fun, and affordable for the whole family. She outlines her weight-loss program for life, where you'll forget how to count calories, fat grams, or carbohydrates and simply enjoy delicious food with no weighing, no measuring, no portion control, and no deprivation. Here you'll find more than 100 delicious recipes, tips to help you Somersize, and inspiring Somersize success stories, including: • How to make meals in minutes, and Somersize products that make it even faster and easier to stay on the program • How obesity is an increasing problem for American families and how eating a Somersize diet higher in proteins and fats and lower in sugar and carbohydrates can stop it • How to heal your metabolism from years of yo-yo dieting • Moving, motivating testimonials from enthusiastic Somersizers • Answers to more than 300 of the most frequently asked questions about this remarkable, effective program

suzanne somers eight steps to wellness: Health Psychology Edward P. Sarafino, Timothy W. Smith, 2020-05-07 Ed Sarafino and Timothy Smith draw from the research and theory of multiple disciplines in order to effectively demonstrate how psychology and health impact each other. The newly updated 9th Edition of *Health Psychology: Biopsychsocial Interactions* includes a broader picture of health psychology by presenting cross-cultural data. Furthermore, international examples are also included to further explore the psychologist's perspective of health issues around the world and highlight what works in the field. The psychological research cited in the text supports a variety of behavioral, physiological, cognitive, and social/personality viewpoints. An emphasis on lifespan

development in health and illness is integrated throughout the text.

suzanne somers eight steps to wellness: Medical Bill 911 Handbook Gail Trauco, 2019-05-12 America's healthcare system has a broken medical billing process. This story is being heard around the country as millions of Americans struggle with medical billing problems - from inaccurate charges to surprise fees to wrongly denied claims. Millions of Americans are giving up on trying to fight their medical bill errors and surprise fees. Medical Bill 911 teaches you the steps that can help ease the burden of dealing with big medical bills. It provides industry insider knowledge and practical advice on how to negotiate your medical bills. It has the potential to save you hundreds if not thousands of dollars on your medical expenses. Take control of your medical bills and don't let them ruin your life and your credit.

suzanne somers eight steps to wellness: The Supplement Pyramid Michael A. Smith, 2014-03-15 When Dr. Michael A. Smith hears this common question, his answer is always a resounding Yes In The Supplement Pyramid, Dr. Smith covers the many reasons why even the healthiest diets fall short in terms of supplying the optimal amount of nutrients we need not just to survive, but also to thrive. With such a staggering amount of supplement choices on the market, it's hard to know where to start. The Supplement Pyramid provides the road map. With its three-tiered plan-foundational, personalization, and optimization levels-The Supplement Pyramid helps you design a nutritional regimen to meet your personal needs. Step-by-step instructions and detailed medical quizzes, along with useful information about blood testing, will help you develop an ideal personalized menu of supplements from which to choose. Knowing which supplements to take is only half the battle. Purchasing high-quality products is essential for success, and therefore The Supplement Pyramid covers all of the information you need to know to be sure you are making the best investment in your health. Written in easy-to-understand language and providing a wealth of vital information, this book puts all the questions to rest so you can move toward an optimal personalized supplement regimen. Book jacket.

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