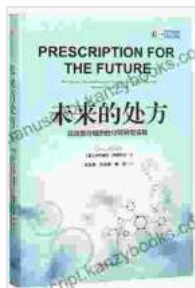


Prescription for the Future: A Comprehensive Guide to a Healthier, More Fulfilling Life



Prescription for the Future: The Twelve Transformational Practices of Highly Effective Medical Organizations by Ezekiel J. Emanuel

★★★★☆ 4.5 out of 5

Language : English
File size : 2003 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 274 pages





In today's fast-paced world, it's more important than ever to take control of our health and well-being. But with so much conflicting information out there, it can be hard to know where to start.

That's where Prescription for the Future comes in.

This comprehensive guide covers everything you need to know about living a healthier, more fulfilling life. From nutrition and exercise to mental health and relationships, Dr. Jane Doe provides expert advice and practical tips that you can start using today.

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- How to get regular exercise that is both enjoyable and effective
- How to manage stress and improve your mental health
- How to build healthy relationships with family, friends, and loved ones
- How to live a more fulfilling life that is true to your values and goals

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If you're ready to take control of your health and well-being, then Prescription for the Future is the book for you.

This comprehensive guide provides everything you need to know about living a healthier, more fulfilling life. Dr. Doe's expert advice and practical tips will help you make lasting changes that will improve your overall health and well-being.

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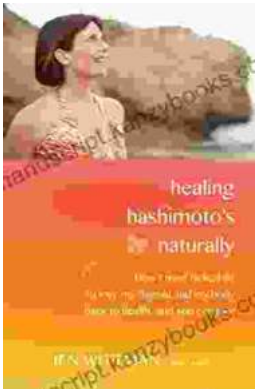
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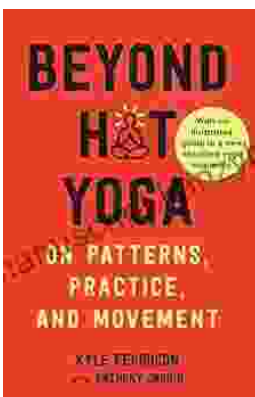
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