



# Discover Your Optimal Health: The Guide to Taking Control of Your Weight, Your Vitality, Your Life

By Wayne Scott Andersen

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## Discover Your Optimal Health: The Guide to Taking Control of Your Weight, Your Vitality, Your Life By Wayne Scott Andersen

What is optimal health?

As one of the nation's foremost physicians in nutritional intervention, Dr. Wayne Scott Andersen has devoted his career to creating optimal health through a comprehensive approach that addresses and breaks through logistical and psychological barriers.

Widely and affectionately known for his work in the field of health coaching as "Dr. A," in *Discover Your Optimal Health*, he provides an integrative approach that begins with developing (and maintaining) healthy habits each day. This crucial approach makes health the centerpiece of your life instead of something you do when you discover you have an illness or imbalance. Dr. A reveals how a little attention and discipline now can avoid health crises down the road.

No matter what your current health status, you can be as healthy as possible. The habits you develop now make the difference between surviving and thriving, life or death. The steps toward reaching and maintaining your optimal health include:

- Integrating the Habits of Health into Your Life
- Discovering the Habits of Healthy Weight Loss
- Using the Habits of Healthy Eating
- Understanding the Habits of Healthy Motion
- Practicing the Habits of Healthy Sleep
- Employing the Habits of a Healthy Mind

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### **Editorial Review**

Review

**A New Atlantic Independent Booksellers Association (NAIBA) Bestseller, 7/17/13**

**A New York Times Bestseller, 8/4/13**

**A Denver Post Bestseller, 7/21/13**

**A Southern Independent Booksellers Alliance Bestseller, 7/17/13**

**A Heartland Independent Bestseller List Bestseller, 7/17/13**

**A New Atlantic Independent Booksellers Association Bestseller, 7/17/13**

**USA Today Bestseller, 7/25/13**

**Examiner.com, 7/27/13**

“Wander into the health section of a bookstore, and you can find ‘how to’ books on topics ranging from how to lose weight to how to feel happier to how to reduce your stress level. Wouldn't it be nice to find one book that helps you to achieve all those goals? We found it with a guide crafted by noted physician Dr. Wayne Scott Andersen.”

About the Author

**Dr. Wayne Scott Andersen**, author of *Dr. A's Habits of Health* and its companion guide *Living a Longer, Healthier Life*, is the nation's tenth board-certified physician in critical care. He helped pioneer the emerging subspecialty of intensive care medicine. Now Cofounder and chief architect of Take Shape for Life(TM), he also serves as medical director of Medifast(R).

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**Teresa White:**

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