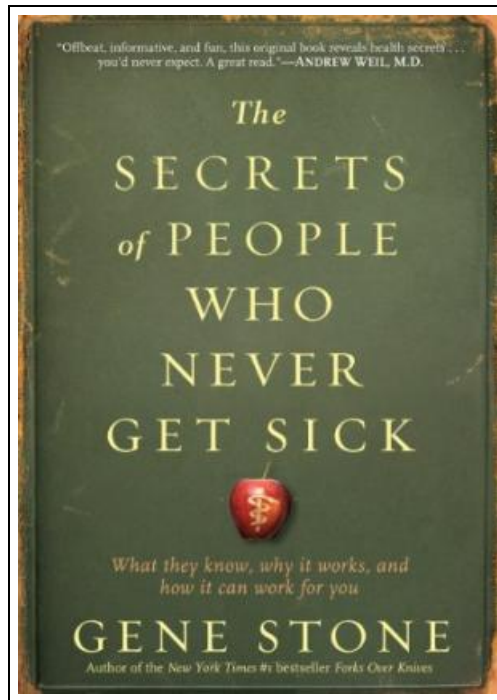


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Workman Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Written by bestselling author Gene Stone, *The Secrets of People Who Never Get Sick* arose from his desire to discover what might actually prevent him from getting sick himself. This book, the result of that exploration, tells the stories of twenty-five people who each possess a different secret of excellent health - a secret that makes sense and that Stone discovered has a true scientific underpinning. There are food secrets - why to take garlic and vitamin C, eat more probiotics, become a vegan, drink a tonic of brewer's yeast. Exercise secrets - the benefits of lifting weights, the power of stretching. Environmental secrets - living in a Blue Zone, understanding the value of germs. Emotional secrets - seek out and stay in touch with friends, cultivate your spirituality. Physical secrets - nap more, take cold showers in the morning. And the wisdom that goes back generations: Yes, chicken soup works. The stories make it personal, the research makes it real, and the do-it-yourself information shows how to integrate each secret into your own life, and become the next person who never gets sick.

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