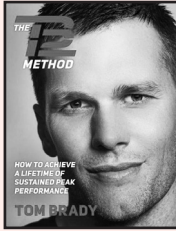


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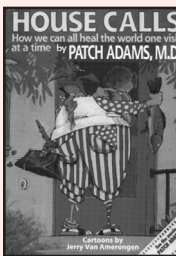
THE TB12 METHOD How to Achieve a Lifetime of Sustained Peak Performance Tom Brady

To extend their careers, many enlightened professional athletes are now following the dietary and training advice recommended in this book by Tom Brady, the New England Patriots' quarterback and five-time Super Bowl champion who is still going strong at age 41. Brady recommends a diet of 80% fresh vegetables and fruits, very similar to the diet recommended by wellness pioneers for centuries (see Cal Samra's book at right).
0736 (hardcover) \$29.95



HOUSE CALLS Patch Adams, M.D.

Dr. Patch Adams, "the clown-prince of physicians," who still makes house calls, offers some wise and wacky advice for anyone to visit hospital patients and out-patients and bring healing love, humor, compassion, friendship, faith, and hope to speed recovery. Patch aims to humanize high-tech medicine.
3188 (paperback)..... \$14.95



IN PURSUIT OF HEALTH AND LONGEVITY Wellness Pioneers through the Centuries Cal Samra

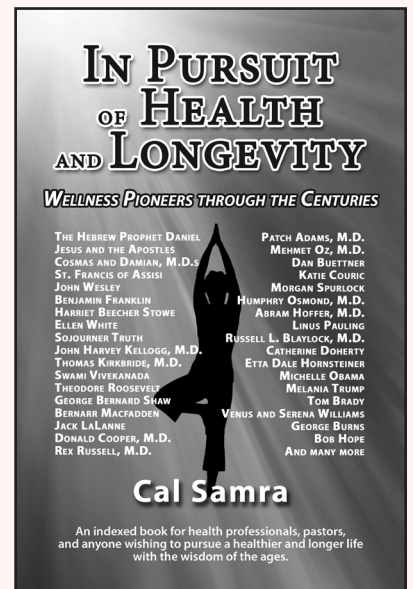
Award-winning *Joyful Noiseletter* Editor Cal Samra, a health and humor historian at age 87, takes you on an adventure to meet a host of health pioneers down through the centuries. They include religious leaders of all faith traditions, medical doctors, scientists, dieticians, nutritionists, body builders, professional athletes, agnostic philosophers, comedians, conservatives and liberals. You'll be amazed at how much they agree on what it takes to live a healthier and longer life – advice which has long since been forgotten or ignored.

The adventure starts with Hebrew prophet Daniel (circa 620 BC) and proceeds down through the centuries to Jesus and the Apostles, the third-century Greek physicians, the Franciscans, John Wesley, Harriet Beecher Stowe, Ellen White, Sojourner Truth, Dr. John Harvey Kellogg, the Hindu Swami Vivekananda, Theodore Roosevelt, George Bernard Shaw, Catherine Doherty, Linus Pauling, Jack LaLanne, Patch Adams, M.D., Mehmet Oz, M.D., professional athletes like Tom Brady and Serena and Venus Williams, long-lived comedians like Bob Hope, and many others.

The book, which one health pioneer wrote "reads like a documentary," is fully indexed and designed to be a resource book for health professionals, pastors, and anyone wishing to live a healthier and longer life.

The author pleads with pastors: "While you're teaching people how to get to Heaven, how about teaching them healthy lifestyles to survive on this earth?"

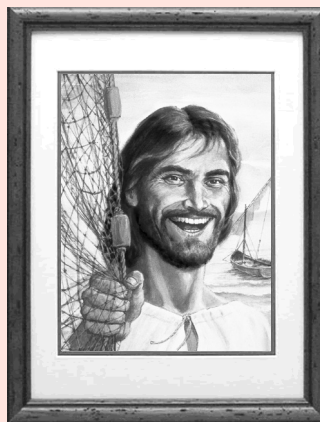
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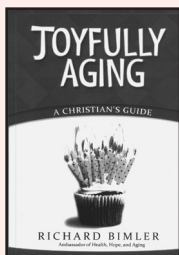
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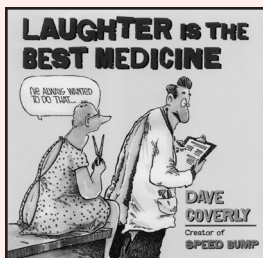
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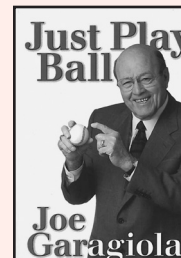


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