



The A to Z Guide to Healthier Living

David B. D.Min Biebel, James E. MD Dill, Bobbie RN Dill

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Live a vital, energetic life!

The A to Z Guide to Healthier Living gives you a one-of-a-kind, comprehensive approach to greater health in mind, body, spirit, and relationships. Packed with tips and tricks to improve your day-to-day health, this book covers issues as diverse as:

avoiding fad diets
being kind to your GI tract
building healthy bones
finding contentment
getting a good night's sleep
keeping your relationships strong
simplifying your life
staying creative
and much more

We live longer today than ever before. Now discover how you can not only live longer but also enjoy robust health for your entire life!

David B. Biebel, DMin, is a minister, an award-winning author, and a health educator. He has been a guest on many radio and TV programs. He lives in Florida.

James E. Dill, MD, and **Bobbie Dill, RN**, were among the first husband-wife Christian medical teams to help establish a truly holistic medical practice. Jim is a board-certified gastroenterologist and Bobbie is a nurse, certified in women's health.

David, James, and Bobbie are also the authors of *Your Mind at Its Best* and *50 Ways to Feel Great Today*.

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