



A Step at a Time: The Autobiography of the World-Renowned Health Guru

Jan de Vries

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Although Jan de Vries finds himself too young for an autobiography, many of his friends and patients have pushed for it. *A Step At A Time* recounts de Vries' amazing journey so far, beginning with his upbringing in Holland - during which he experienced the 'hunger winter' of 1944 - and charting the development of his amazing 40 year career, throughout which he earned a reputation as an enduring guru of alternative medicine. This gripping and highly entertaining book reveals much about the man and why so many turn to him in his role as a respected homeopathic doctor. Whether it is royalty, film stars, sportsmen or the general public, his clinics are all greatly overbooked, making it difficult at times to get an appointment with him. What is the secret of 'the man with the x-ray eyes', who he sees many things that others do not. Is this an extra sense, intuition, or just the experience of over 40 years of dealing with people medically? In almost 40 books written by him in his life so far, de Vries has shared a great deal of his knowledge with the world, which he has gathered by himself via independent research, and through consultation with his great teachers. However, in *A Step At The Time*, he reveals some of the secrets that people have always wanted to know, such as how he can consistently work over 90 hours per week and manage ten clinics throughout Britain. In this candid autobiography, he shares some of the gifts that were given to him and for which he is very thankful.

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