

CREATING A HEALTHY LIFE



The Art and Wisdom of HOWARD MURAD, M.D.

Second Edition

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Howard Murad



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Creating a Healthy Life Howard Murad,2015-11-07 In Creating a Healthy Life Dr Murad combines his deeply personal insights and remarkable artistic talents to show you how to look better live better and feel better Several years ago as a way of coping with a major health crisis Dr Murad launched a second career as an artist Here he explains how you too can passion for living and unlock your hidden potential for health happiness and financial success from back cover **Dr. Murad's 7 Secrets to a Happy and Healthy Life** Howard Murad,2020-03-15 Dr Murad s 7 Secrets provides not just seven but an abundance of tips clues to living a richer more youthful life You are in charge of your own happiness and to a large extent your own health and you have far more control over both than you may think especially if you can limit the impact of the lethal epidemic of stress now rampaging through society That s the essence of advice Dr Howard Murad has offered patients and readers for decades Here he further distills his message into its basic elements SEVEN SECRETS with the power to lift you up lighten your days and change your life Dr Murad s prescriptions have healed countless thousands or helped them heal themselves Turn these pages and you may discover that it will do the same for you

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