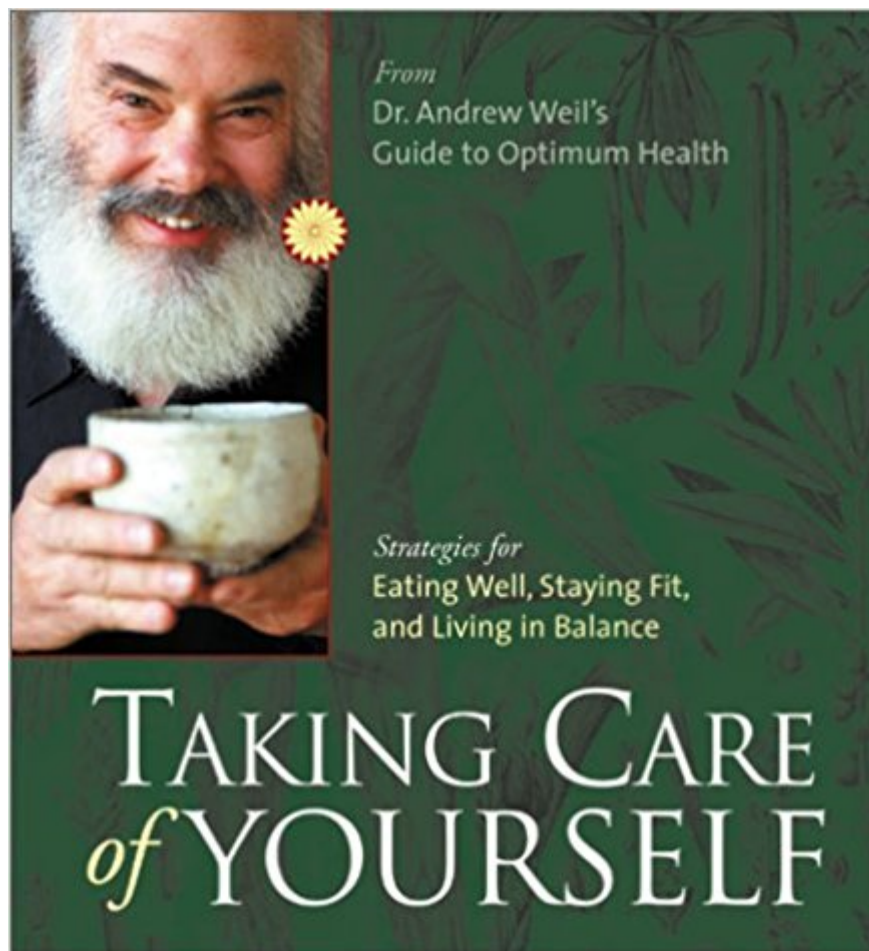




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# Taking Care Of Yourself (Strategies For Eating Well, Staying Fit, And Living In Balan)



## Synopsis

This is Dr. Andrew Weil's first one-on-one audio course for optimum health. Since the beginning of the "natural health" revolution decades ago, Dr. Andrew Weil's groundbreaking books have helped millions to feel better, live longer, and avoid illness by integrating the best of modern medicine and natural healing practices. Now, with *Taking Care of Yourself*, this pioneering, Harvard-trained physician invites you to join him in a comprehensive, one-on-one audio learning course. With Dr. Weil, you will learn the most current and proven essentials for creating optimum health - naturally. Learn more about: How do you shop for foods and prepare them for maximum nutrition and pleasure? What are the most effective techniques for tapping the power of your mind to reduce stress, lower your blood pressure, and improve your digestion? Which vitamins and supplements - out of hundreds available - are crucial for achieving optimum health?\* How do you create a "whole-person" fitness program that you will look forward to each day? In this in-depth six-session program, you will receive the same practical guidance that you would by attending a full-length seminar with Dr. Weil - while learning at your own pace and at your own convenience. Join Dr. Weil as he helps you to create a personal health program based on sound and up-to-date recommendations - and shows you how to start *Taking Care of Yourself*. Note: This title comprises CDs 1 through 4 of the full-length audio course *Dr. Andrew Weil's Guide to Optimum Health*.

## Book Information

Series: Strategies for Eating Well, Staying Fit, and Living in Balance

Audio CD

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Average Customer Review: 4.7 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,074,530 in Books (See Top 100 in Books) #7 in [Books > Books on CD > Authors, A-Z > \( W \) > Weil, Dr. Andrew](#) #483 in [Books > Books on CD > Health, Mind & Body > General](#) #999 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

Dr. Weil explains to listeners the basics for becoming responsible for well-being by providing tips on

eating well, exercising, managing stress, taking vitamins, and knowing that attitudes affect health each day. Abridged. --This text refers to an out of print or unavailable edition of this title.

This is original material that is not available in print.

This is a good original advise book about what is the right way to do to help us achieve genuine health without all the myths and promotions of supplements in our society. It emphasized the importance of exercises to our health. It has been around for two decades now, and I grew up listening to this CD in my car frequently when going to work and back. and still like it. I am 70 and what I heard nowadays in the news about health are basically similar to this author's view long time ago. I would not listen to anyone else other than Dr. A. Wilde..

Great informaTION FROM dR. WEIL. vERY USEFUL DATA AND PERSPECTIVE. Nutrition piece was the best. Spiritual piece interesting and approach to medicine and how dr's are trained could be the norm not the exception

Excellent cd, great information, easy listening.

I have long admired Dr. Weil, but my experience has been rather scattershot. This provides a solid, well-reasoned and organized approach to well-being, in a way I feel comfortable following.

General Content: Andrew Weil's approach to health is sensible and well-grounded. Taking Care of Yourself encompasses a number of related areas including diet and nutrition, exercise and stress reduction. It's one of the best books related to health that I have listened to. Weil promotes "integrative medicine" which is a belief that the best prescription for good health is probably a combination of traditional medicine and alternative medicine. Furthermore, he touts the benefits of preventative medicine through nutrition and regular exercise, something that need emphasizing in the Western world.If you're looking for a book that will provide a common sense approach to living a healthier life, you'll definitely want to listen to this one. In addition, I would also recommend Weil's book Eating Well for Optimum Health. Listening to those two would definitely put you on a solid track.Audio-Specific Content: I listened to the unabridged (4 hours and 12 minutes in length) version of this title. It is read by the author who does an excellent job. Overall, the sound and narration quality was excellent. The only caveat here is that the material on diet and nutrition is identical to

that in the title The Beginner's Guide to Healthy Eating. Therefore, if you've already listened to that (as I had) you'll find that information redundant.

Very well done. My guess is that any person who hears this man speak will benefit. This is one of the best overviews of personal health that I have ever come across.

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