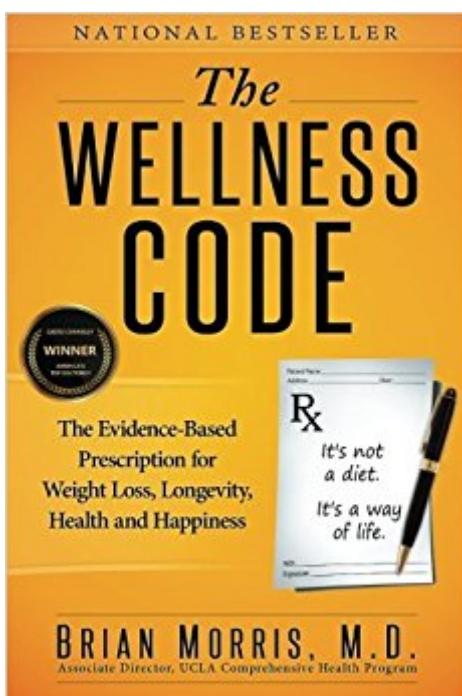


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# The Wellness Code: The Evidence-Based Prescription For Weight Loss, Longevity, Health And Happiness



## Synopsis

In the tradition of The 7 Habits of Highly Effective People by Stephen Covey, The Happiness Project by Gretchen Rubin, The Four Agreements by Don Miguel Ruiz, and The Life-Changing Magic of Tidying Up by Marie Kondo comes The Wellness Code by Dr. Brian Morris. The Wellness Code is unlike any health or diet book you've ever read. In this life-changing book, you will learn why conventional diets don't work and what actually works. For years, Dr. Brian Morris has shared the secrets to maintaining a healthy lifestyle and an optimal weight with his patients. For the first time, Dr. Morris is making this information available to the general public. Backed by hundreds of references from the medical literature, The Wellness Code synthesizes decades of scientific research and clinical experience into a time-tested, holistic program for looking and feeling great. The Wellness Code will show you how to create a personalized plan to finally lose the weight, transform your health, and find lasting happiness. You will learn how to live long and live well.

## Book Information

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## Customer Reviews

"In The Wellness Code, Dr. Morris achieves what few have done. He not only explains why diet fads, exercise gimmicks, and quick fixes are NOT the answer, but he also provides scientific, yet understandable, explanations of what CAN be the answer to years of wellness ahead."

--Nina Shapiro, M.D., Bestselling Author of Take a Deep Breath: Clear the Air for the Health of Your Child "Thank you, Dr. Morris for a clear and well thought out long-term plan for healthy change." --Jordan Kerner, Producer of Charlotte's Web, Fried Green Tomatoes, and The Mighty Ducks "Dr. Brian Morris is a tremendously

caring physician who exemplifies all that is inspiring about being a doctor. Everyone who reads The Wellness Code will be motivated to live a happy and healthy life."

--Jeffrey Puglisi, M.D., Glenville Medical Concierge Care, Greenwich, CT and President of the Greenwich Medical Society "The Wellness Code is a true game-changer. It is required reading for anyone looking to finally lose the weight and make a health transformation." --Gavin James, President and CEO, Western Asset Mortgage Capital "The Wellness Code is the only "diet" book you will ever need to read. Dr. Morris will show you how to finally lose those pounds." --Par Chadha, Chairman and CEO, HGM Fund "The Wellness Code is a treasure that has the power to change your life forever. Recalibrate your habits and use the wisdom of this book to reach your maximum potential in every aspect of life." --Pastor Dudley C. Rutherford, Bestselling Author of God Has an App for That: Discover God's Solutions for the Major Issues of Life "For anyone who is about to begin a transformation of their body, this book is required reading as it contains all the ingredients to achieve that success!"

--Michael Ray, CEO, ProSource Insights and President and CEO, Focus of Greater Los Angeles "The Wellness Code offers a comprehensive strategy for transforming your relationship with food, your body, and your health. This is a recipe for long-term success." --Cynthia Sass, M.P.H., M.A., R.D., C.S.S.D., Nutritionist and New York Times Bestselling Author "Dr. Morris has developed a very thorough wellness program that is ideal for busy executives and professionals at all levels. I thoroughly recommend his wellness program and approach." --Mohan Maheswaran, President and CEO, Semtech Corporation "Dr. Brian Morris is a dedicated preventive medicine physician who distills his experience into a valuable science-based program for enhancing total wellness" --David Heber, M.D., Ph.D., Bestselling Author of What Color Is Your Diet?

Are you tired of being tired? Are you confused by conflicting health information? Are you ready to get off the fad diet merry-go-round? In the tradition of The 7 Habits of Highly Effective People by Stephen Covey, The Happiness Project by Gretchen Rubin, The Four Agreements by Don Miguel Ruiz, and The Life-Changing Magic of Tidying Up by Marie Kondo comes The Wellness Code from Dr. Brian Morris. The Wellness Code is unlike any health or diet book you've read. In this life-changing book, you will learn why conventional diets don't work and what actually works. For years, Dr. Brian Morris has shared the secrets to maintaining a healthy lifestyle and an optimal

weight with his patients. For the first time, Dr. Morris is making this information available to the general public. Backed by hundreds of references from the medical literature, The Wellness Code synthesizes decades of scientific research and clinical experience into a time-tested, holistic program for looking and feeling great. The Wellness Code will show you how to create a personalized plan to finally lose the weight, transform your health, and find lasting happiness.

The Wellness Code is one of the best books I have ever read. It is very well written, well-thought out, and easy to read. Dr. Morris has a tremendous amount of insight and experience in the medical and wellness field. Dr. Morris indicates that "a healthy lifestyle doesn't happen overnight. The Wellness Code is not a quick-fix diet or program. Rather it is a long-term process where you gradually move forward into wellness - into a life of optimal health, happiness, and longevity." To this end, The Wellness Code consists of 50 habits broken into categories including Nutrition, Exercise, Personal (e.g. sleeping well, finding joy, simplifying your life, practicing hobbies), Social (e.g. volunteering, loving yourself, finding mentors) and Spirituality and Values (e.g. practicing your faith, letting go of emotional pain from the past, practicing integrity). Dr. Morris sets up the "wellness mindset", steps for habit building, and tools for living The Wellness Code before diving into the 50 habits which are separated into individual chapters. On a personal level, The Wellness Code has already had a very positive impact on my life. Prior to reading the book, I had a more narrow view of wellness which consisted of eating well, sleeping well, exercising, and trying to manage stress. The Wellness Code really expanded my view of wellness and has given me a roadmap to improve these areas and other areas of my life. One very tangible outcome of reading the book is that I purchased a Fitbit. This was a real eye opener for me as I thought that I was getting enough daily activity prior to owning a Fitbit and didn't need to own one. Once I started wearing the Fitbit I learned that this was not the case and I now make a commitment every day to walk at least 10k steps and get at least 30 minutes of active minutes. I have also built up my cardio exercise from 2-3x a week to 4x a week. Additionally, I gained a better understanding of my daily calorie consumption and how to eat even better. My stress level has also been reduced. I receive my annual Executive Physical from UCLA and have been amazed at how committed Dr. Morris is to wellness and the care of his patients. This caring approach and mission is clearly conveyed in The Wellness Code.

Finally! Someone realizes that making 47,000 changes to everything in your life all at once doesn't really work! Dr. Morris does a great job of explaining how and why it's important to make small meaningful changes, that in turn will lead you to the next logical set of changes. He gives us

permission to accept progress as accomplishment and encourages us to set goals that can't be verified by a lab report. My very favorite aspect of this book is how Dr. Morris uses concrete, real life examples to explain his philosophy. He speaks about his experiences as both the physician and the patient, and his journey from the "do as I say" doctor to the "do as I do" doctor/coach/partner in health. This is not a book about diet and exercise, it is much more a maintenance guide for your wellbeing--mind, body, and soul.

Dr Morris' book is much more than what it promises: A complete guide - a philosophy rather - to a meaningful, modern, responsible, sustainable and inevitably happy life. Weight loss and other benefits are a welcome side effect.

Dr. Morris always gives excellent, research based advice. Very helpful

This is a practical guide to wellness that can be easily implemented for new health routines. The author utilizes 50 habits that are broken down into areas of health.

Easy to read. Lots of common sense but practical advice and information.

Nothing new or earth-shattering here. Mostly common sense.

This book is AMAZING!!! I've read a handful of "diet" and "healthy lifestyle" books over the years but this one is a GAME CHANGER!!! I looked up the author and it seems he went to medical school at John Hopkins and did his additional medical training at Yale and Harvard...definitely a bright guy.

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