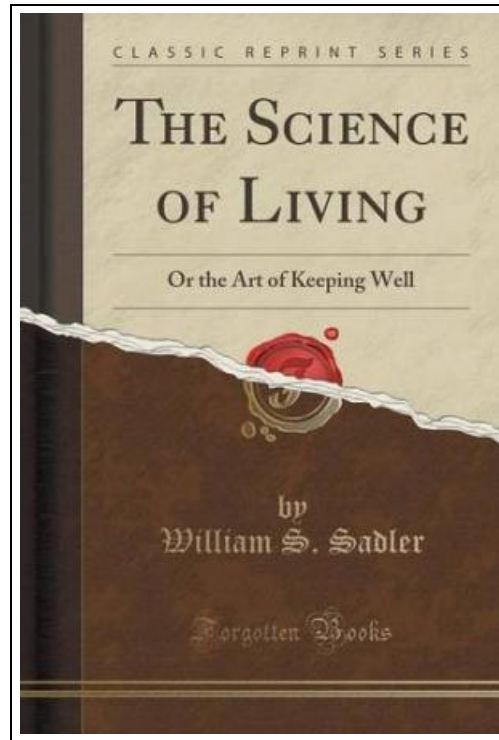


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Reviews

Extremely helpful to all class of individuals. It really is written in straightforward terms instead of difficult to understand. I am just happy to explain how this is the finest publication I have got read inside my own lifestyle and might be the very best ebook for possibly.
(Dr. Meta Smith)

THE SCIENCE OF LIVING: OR THE ART OF KEEPING WELL (CLASSIC REPRINT)



Forgotten Books. Paperback. Condition: New. This item is printed on demand. 494 pages. Dimensions: 9.0in. x 6.0in. x 1.0in. Excerpt from The Science of Living: Or the Art of Keeping Well The authors purpose in this book is to present to the lay reader, the teacher, the student, and the health-seeker, a concise outline of Modern Hygiene as developed in the great research laboratories of the world, free from scientific technicalities and medical terms - to tell the Story of Health in plain, everyday English. The largeness of the scope of this work necessarily enforces brevity, therefore references and citations are largely omitted. The writer has freely consulted the latest standard medical text-books on Physiology and Hygiene, although much of the matter appearing in this volume is drawn from his own lectures, The Natural Life, The Art of Living The High Pressure Life, How the Body Resists Disease, Worry: Its Cause and Cure, and others. His aim is to present a practical, sane, and sensible method of living the Simple Life - free from fads and the teachings of fanatical extremists. Almost every new moon witnesses the birth of some new system of healing. The public is deluged with the teachings of various cults and isms, the majority of which, directly or indirectly, have to do with health and healing. Because of these numerous systems of healing, sailing under various guises, there seems to exist a real necessity for a straightforward presentation of the latest discoveries and decrees of science, respecting the standards of living necessary to the maintenance of good physical health. Many problems of physics and chemistry are concerned in the human body; and for the sake of those who may be interested in these problems, brief notes appear through the book, considering them as related to health. A brief...



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