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Dr. Lawrence Epstein of Harvard Medical School reveals his proven six-step plan to maximize your nights and energize your days. He explains the health benefits of sleep and identifies signs of sleep problems as he gives in-depth advice on how to: Turn your bedroom into the optimal sleep environment ; Finally overcome insomnia ; Silence buzz-saw snoring

The Harvard Medical School Guide to a Good Night's Sleep ...

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"The Harvard Medical School Guide to Tai Chi is a significant milestone in the integration of Eastern and Western medicine. It deftly summarizes the scientific evidence for the healing potential of this traditional Chinese system of body movement and gives readers practical advice for using it in everyday life.

The Harvard Medical School Guide to Tai Chi: 12 Weeks to a ...

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Doctor K. is Dr. Anthony L. Komaroff, Editor in Chief of the Family Health Guide and Professor of Medicine at Harvard Medical School. Each day he answers reader's questions about a wide range of health concerns.

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Family Health Guide - Harvard Health

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Health Information and Medical Information - Harvard Health

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The Harvard Medical School Guide to Tai Chi

Harvard Medical School Family Health Guide is an excellent source of information on medical topics for the common people. Written in plain, simple English, the book gives information on diseases, their prevention and treatment, when to call the doctor and when to try home remedies, and how best to deal with certain ailments for which there is no cure available.

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Advance Care Planning - Harvard Health

Marlynn Wei and Dr. James Groves's The Harvard Medical School Guide to Yoga is just such a manual. Inspired and inspirational, this book includes a treasure trove of easy-to-follow illustrations of numerous yoga poses; it will be an invaluable resource for all students of yoga interested not only in toning their body and reducing their stress but also, more generally, in evolving their health to ever-higher levels of mental, physical, and spiritual well-being."

The Harvard Medical School Guide to Yoga: 8 Weeks to ...

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A Guide to Cognitive Fitness - Harvard Health

It sounds simple, but it isn't always easy. Now one of the nation's leading sleep experts gives you a step-by-step program for overcoming sleep problems from insomnia and snoring to restless legs syndrome and sleep apnea. Dr. Lawrence Epstein of Harvard Medical School reveals his proven six-step plan to maximize your nights and energize your days.

The Harvard Medical School Guide to a Good Night's Sleep ...

Cutting-edge research from Harvard Medical School also supports the long-standing claims that Tai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how Tai Chi actually works. Dr.

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