



# Dr. A's Habits of Health: The Path to Permanent Weight Control & Optimal Health

By Dr. Wayne Scott Andersen

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## Dr. A's Habits of Health: The Path to Permanent Weight Control & Optimal Health By Dr. Wayne Scott Andersen

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### **Editorial Review**

#### **About the Author**

Dr. Wayne Andersen is a visionary speaker, bestselling author, and global thought leader who is shaping the health of America. He believes everyone has the power within to be the creative force in their own lives. Dr. A pioneered the emerging specialty of critical care medicine in the hope of better serving mankind. After 18 years of reacting to disease as the Director of Surgical Critical Care Program at Grandview and Chairman of the Department of Anesthesiology, he realized that it was time to start helping his patients create health. He then knew the time was right to pursue his true goal in life and took the bold leap out of hospital-based practice to dedicate his life to helping the world achieve optimal wellbeing. Dr. A is the co-founder of Take Shape For Life, where he leads a team of thousands of Health Coaches and Health Professionals supporting and empowering others to reach their optimal health and wellbeing, including their spiritual, mental, emotional and physical potential. He is a New York Times best-selling author of *Discover Your Optimal Health*, and his comprehensive system which includes *Dr. A's Habits of Health* and *Living a Longer Healthier Life* has sold over 500,000 copies. He lives in Annapolis, Maryland with his wife Lori and his two daughters Savannah and Erica.

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