



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

By Dr. Wayne Scott Andersen

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Go from surviving to thriving! If you've ever tried to lose weight only to gain it back, Dr. A's Habits of Health offers a life-changing breakthrough that shows you not only how to reach and maintain your healthy weight, but how to create a life of renewed vibrancy, health, and spirit all under the easy-to-follow guidance of one of America's most esteemed and compassionate practitioners of weight loss and optimal health. Join thousands of people worldwide who've gone from discouragement to confidence, from depletion to unimaginable vitality and discover how you can live better, happier, and healthier into your eighties, nineties, and beyond

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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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