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*Family Health Guide - Harvard Health*

Identity Guide. Welcome to the style guidelines and best practices site for Harvard Medical School, which serves as a resource for designers, communicators, and anyone who is visually representing Harvard Medical School online, in print or in person. Primarily for



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body, strong heart, and sharp mind / Peter Wayne, with Mark  
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978-0-8348-2848-3 ISBN 978-1-59030-942-1 (pbk.: alk. paper) 1.  
Tai chi—Therapeutic use. 2. Health. I. Fuerst, Mark. II. Title.  
RM727.T34W39 2012 613.7?148—dc23

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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."

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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 ...*

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Chi actually works. Dr.

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