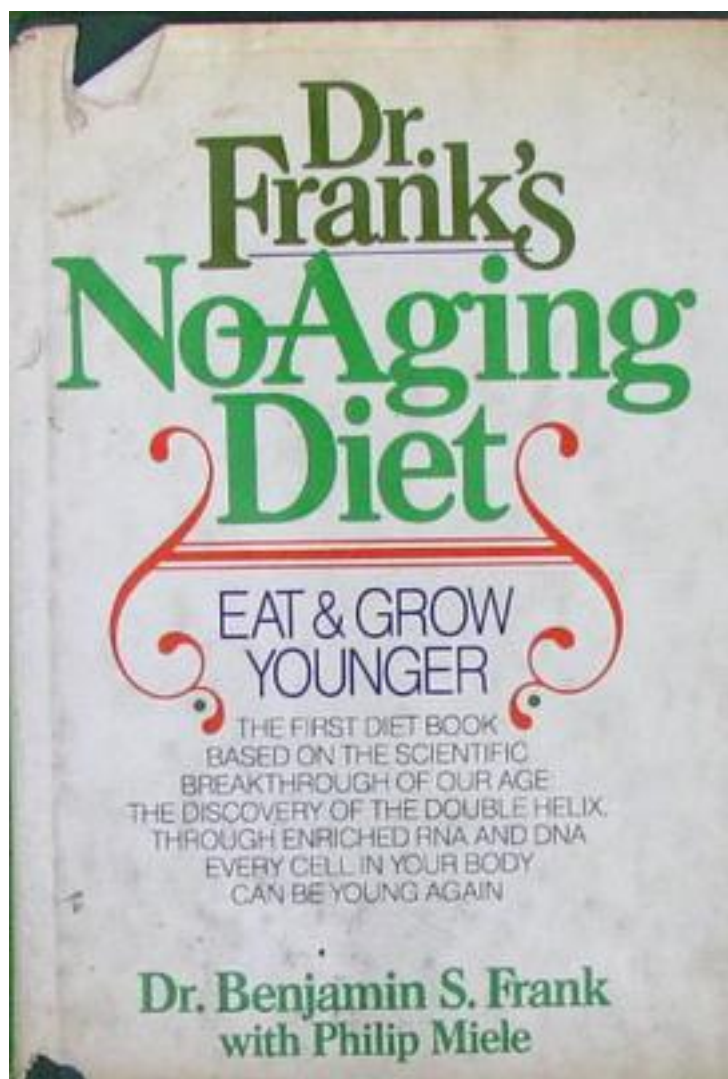


# Dr. Franks No-Aging Diet



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出版者:

出版时间:1976-1

装帧:

isbn:9780803753495

Preface by Sheldon S. Hendler Ph.D. "Energy is the only life and is from the Body . . . Energy is Eternal Delight." --William Blake The Marriage of Heaven and Hell Energy plays the major role in our lives. Political power struggles are directly related to who controls the energy sources of the world whether it be oil to fuel our cars and heat our homes or sugar and wheat to fuel our bodies. On a more personal level we talk about our state of well-being in terms of how much energy we have available. When we are depressed we feel we have no energy and it is hard to do anything. We feel old and lifeless. When we are happy we have enough energy to move mountains. In the last several years there has been an exciting development of interest in ways to help us feel more energetic and to live life to the fullest. Notable among these ways are the bioenergetics movement Yogai transcendental meditation exercise massage the Alexander technique group therapy and nutrition. It is to this last way--nutrition--that the present book is devoted. I first met Dr. Benjamin Frank in the early 1960s. at which time I was pursuing my doctorate in

作者介绍:

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