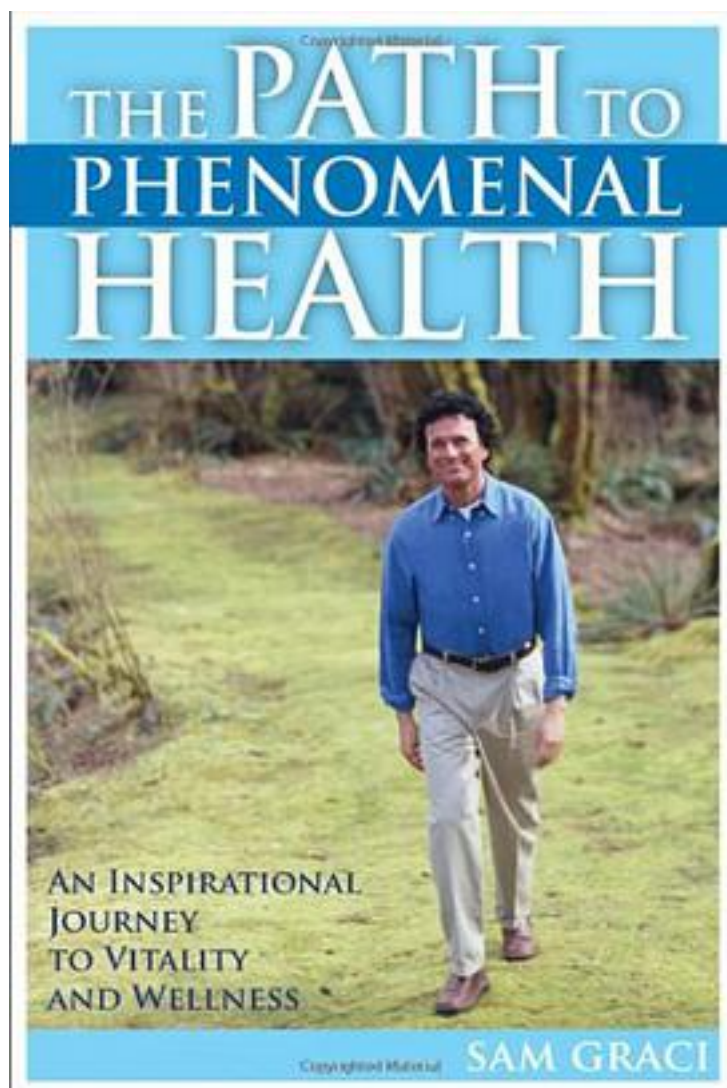


# The Path to Phenomenal Health



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A comprehensive and inspiring look at the keys to revamping your tired lifestyle. Sam offers his best tips for renewing, restoring, revitalizing and rejuvenating your life with his trademark personal style. This book will become the one title anyone needs to feel better needs, as it covers mind, body and spirit. Full of tips, lists and do-able suggestions as well as personal stories and experiences, The Path to Phenomenal Health is a great read, sure to help you get on the right track with your health, once and for all.

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