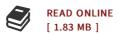




The Healing Self: A Revolutionary New Plan to Supercharge Your Immunity and Stay Well for Life

By Deepak Chopra, Rudolph E Tanzi

Random House Audio Publishing Group, 2018. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. After collaborating on two major books featured as PBS specials, Super Brain and Super Genes, Chopra and Tanzi now tackle the issue of lifelong health and heightened immunity. We are the midst of a new revolution. For over twenty-five years Deepak Chopra, M.D. and Rudolph E. Tanzi, Ph.D. have revolutionized medicine and how we understand our minds and our bodies--Chopra, the leading expert in the field of integrative medicine; Tanzi, the pioneering neuroscientist and discoverer of genes that cause Alzheimer s Disease. After reaching millions of people around the world through their collaborations on the hugely successful Super Brain and Super Genes books and public television programs, the New York Times bestselling authors now present a groundbreaking, landmark work on the supreme importance of our immune system in relation to our lifelong health. In the face of environmental toxins, potential epidemics, superbugs, and the accelerated aging process, the significance of achieving optimum health has never been more crucial--and the burden to achieve it now rests on individuals making the right lifestyle choices every day. That means you. You--not doctors, not pharmaceutical companies--are ultimately responsible for...



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