



Positive Health (Paperback)

By Neil Orr, David Patient

Double Storey, South Africa, 2004. Paperback. Condition: New. 4th Revised edition. Language: English . Brand New Book. This is a book for those who wish to take an active role in their own health and provides a whole range of resources to enable people to support their immune systems and stay healthy. Positive Health is a publishing phenomenon in the field of health and well-being. First published in 1999, it is now in its fourth edition, is available in 15 languages and has sold over 9 million copies. Written originally as a practical guide for those committed to living with, rather than dying from, HIV, the book has now been rewritten as a holistic approach to wellness, including living with TB, cancer, stress, diabetes, heart disease as well as HIV/AIDS.



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