



## A Life of Optimal Well-Being Second Edition: Ultimate Guide to Life Management, Medical Prevention, and Longevity.

By Dr. Jacob Allen Shipon

AuthorHouse. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. Based on all the latest studies of Mindset, Diet, Exercise, Regenerative medicine, Nanotechnology, Genome and Preventive medicine Book is integrated with USPmed. com, USPmed. com facebook page for latest updates Our book is designed as a guide to read, take notes, and design your own plan using principles that promote longevity, using the correct and full knowledge of longevity and health. You create your own program by understanding the basic components of longevity. Please refer to our website, www. uspm. com, for continued updates. Dont lose faith! This is a work in progress, much like your life is. You can change your life, lengthen your life, and maintain a healthier, and therefore happier, lifestyle by creating your own plan using our seven tier guide (mindset, diet, exercise, regenerative medicine, nanotechnology, the genome, and good medical care with your physician Soon to be operational a Life management, Preventive medicine, and longevity web services Dr. Jacob Allen Shipon Family Physician for 40 years with an emphasis on prevention, Entrepreneur, Inventor of web services infrastructure, Author of 2 books with a 3rd on its way, and a website developer. This...



### Reviews

*Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.*

**-- Mr. Gustave Gerhold**

*This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.*

**-- Dr. Kadin Hane DVM**