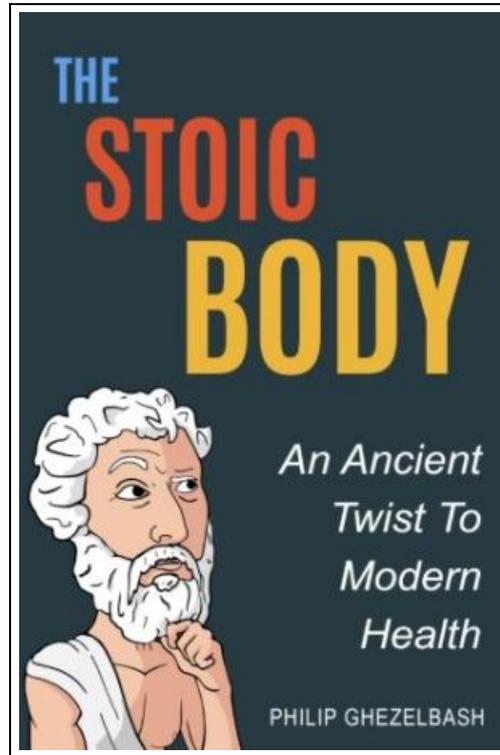


The Stoic Body: An Ancient Twist to Modern Health (Paperback)



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Reviews

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at at any time of the time (that's what catalogs are for relating to when you ask me).

(Dr. Everett Dicki DDS)

THE STOIC BODY: AN ANCIENT TWIST TO MODERN HEALTH (PAPERBACK)



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Philip Ghezelbash, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A unique, unconventional, and thought-provoking look at modern health. Minus flying cars and travelling at the speed of light, cutting-edge technology today was science fiction a few decades ago. We now understand almost all there is to know about the human body down to a molecular level - yet obesity, disease and depressive lifestyles are our greatest opponents. In an age which dismisses much of ancient literature as old and outdated, more people are coming to realise that time must be taken to reflect on the wisdom of those who came before us in order to resolve the issues in front of us. In *The Stoic Body*, Philip Ghezelbash explores a wide range of societal issues through a combination of modern scientific research and ancient lessons to give you the practical knowledge you need to dominate your health, fitness and mind. We all know to eat more vegetables and move more. But to truly live a healthy life and build a resilient body we must first aim to develop our character. This book will inspire, challenge and help you become a stronger version of yourself.



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