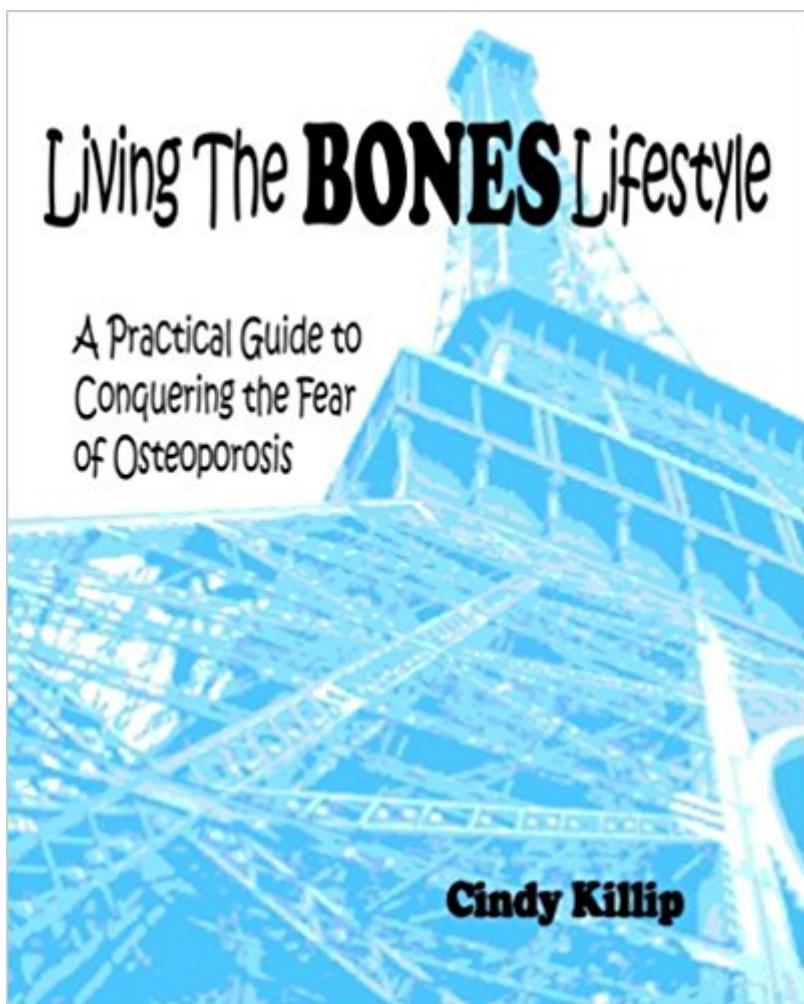


The book was found

Living The **BONES** Lifestyle: A Practical Guide To Conquering The Fear Of Osteoporosis



Synopsis

This award-winning book is more than just a how-to guide. It gets straight to the underlying principles of bone health and offers practical solutions in a clear, concise format with detailed illustrations. The perfect balance of playfulness and interesting facts makes this difficult material easy to read and easy to remember. The balance and strength training exercises are clearly described and easy to do. The culmination of 6 years of reviewing, compiling, and applying research, Living The BONES Lifestyle will forever change the way you think about your bones. It's time to conquer the fear and enjoy your life.

Book Information

Paperback: 240 pages

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Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,136,176 in Books (See Top 100 in Books) #85 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #338 in Books > Medical Books > Medicine > Internal Medicine > Rheumatology #430 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

Known as "The Balance Coach" in Corvallis, Oregon, Cindy Killip is a master at making difficult concepts and complex subject matter easy to understand. She holds multiple degrees and certifications and has been teaching and writing about exercise and wellness since 1989.

Cindy's innovation, wealth of knowledge, compassion and humor put her in high demand as an Advanced Health and Fitness Specialist, Personal Trainer, and Public Speaker.

Participate in "bones and balance" class through LBCC in my town and this book is the research from OSU that goes along with the class. Very happy with this book and the information it offers.

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Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) Living the BONES Lifestyle: A Practical Guide To Conquering The Fear of Osteoporosis Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide to Your Body, Life, Mind, Bones, Prevention and Diet While Dealing With Osteoporosis Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) Your Bones: How You Can Prevent Osteoporosis and Have Strong Bones for Life "Naturally Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally The Art of Fear: Why Conquering Fear Won't Work and What to Do Instead Bones, Bones, Dinosaur Bones How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying! The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs Conquering Anorexia (Conquering Eating Disorders) All About Osteoporosis, A Book That Tells All You Need To Know About Osteoporosis Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) 7 Secrets to Prevent or REVERSE Osteoporosis and Osteopenia: How I Reversed Osteoporosis Naturally Without Drugs And How You Can Too! The Minimalist Budget: A Practical Guide on Living Well, Spending Less, How to Save Money And Living Your Life With a Minimalist Lifestyle Exercise for Better Bones: The Complete Guide to Safe and Effective Exercises for Osteoporosis Healthy Bones & Joints: A Natural Approach to Treating Arthritis, Osteoporosis, Tendinitis, Myalgia & Bursitis (Storey Medicinal Herb Guide) Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1)

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