



## Revive: Stop Feeling Spent and Start Living Again

*Dr. Frank Lipman M.D., Mollie Doyle*

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# Revive: Stop Feeling Spent and Start Living Again

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**Revive: Stop Feeling Spent and Start Living Again** Dr. Frank Lipman M.D., Mollie Doyle

From the doctor whose “extraordinary practice is at the vanguard of a revolutionary way to deliver medical care” (*O, The Oprah Magazine*), here is an easy program to restore energy and health

*DO YOU FEEL UNUSUALLY EXHAUSTED?*

*DO YOU HAVE TROUBLE SLEEPING?*

*DOES YOUR DIGESTION BOTHER YOU?*

*DO YOU HAVE ACHING MUSCLES AND JOINTS?*

*DO YOU FEEL LIKE YOU ARE AGING TOO QUICKLY?*

Fatigue, unexplained back and joint pain, distractibility, irritability, insomnia, and digestive problems leave many of us running on empty. But these symptoms are not part of the normal aging process; they point to a pervasive syndrome Dr. Frank Lipman calls Spent. In this revolutionary book, “the country’s most prominent holistic M.D. after Andrew Weil” (*W*) shares the solution that has helped thousands of his patients replenish their energy and regain their youth. Featuring a nutrition plan of tasty recipes, research-based exercises and stretches, and Daily Beats to nourish body and mind, *Revive* is a proven day-by-day wellness program that will prepare you for a lifetime of good health.

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