



# 40 Days to Better Living--Optimal Health

*Scott Morris, Church Health Center*

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You want to feel better—and *40 Days to Better Living: Optimal Health* provides clear, manageable steps to get you there, through life-changing attitudes and actions. If you're ready to really live better, select one or more elements of the 7-step Model for Healthy Living—Faith, Medical, Movement, Work, Emotional, Family and Friends, and Nutrition—and follow the 40-day plan to improve your life, just a bit, day by day. With plenty of practical advice, biblical encouragement, and stories of real people who've taken the same journey, this book—from the Church Health Center in Memphis, the largest faith-based clinic of its type in the U.S.—may be the most important book you read this year!

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