



Revive: Stop Feeling Spent and Start Living Again

By Mollie Doyle

Fireside. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 8.3in. x 5.5in. x 0.9in. From the doctor whose extraordinary practice is at the vanguard of a revolutionary way to deliver medical care (O, The Oprah Magazine), 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 DO YOU FEEL LIKE YOU'RE RUNNING ON EMPTY Fatigue, unexplained back and joint pain, distractibility, irritability, insomnia, and digestive problems leave many of us feeling spent -- and there is no pill that reverses the effects. Many Americans are plagued by this new epidemic, and doctors are unable to diagnose any single cause. But Dr. Frank Lipman knows that this profound feeling of general unwellness is not part of the normal aging process. In this revolutionary book, Dr. Lipman is the first to connect the dots in a constellation of symptoms, offering a proven solution to combat the pervasive syndrome he calls Spent. When someone is Spent, the body is doing everything it can to indicate that it is time to slow down, rest, detoxify, repair,...

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