

If you had a choice, which would it be?

Health



Illness

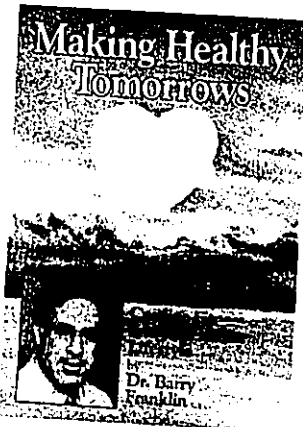
No one would intentionally choose illness, but in "Making Healthy Tomorrows" by Dr. Barry Franklin you will discover how to really choose health!

In his informative new book, Dr. Franklin tells readers in simple layman's language how to choose a healthy lifestyle that will improve appearance, health and well-being.

This well-illustrated book answers real questions, from real people, and tells real stories; some funny, others sad, but all true.

Written for those between 30 and 100, "Making Healthy Tomorrows" is easy to read with numerous charts and tables, and filled with great advice.

Just the gift you'll want to give yourself and those you care about.



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