



Pricing date: 02-09-2012

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Concord, NH 03301

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Books and Software

Sex and the Heart - eBook Version

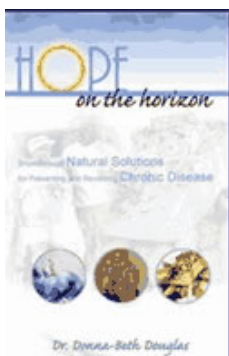


Item: 2214

\$14.95

By Christopher P. Steidle, MD and Janet Casperson, BS, BSN, MSN, ANP-C Available now as an ebook Sex and the Heart is a caring look at how our sex lives reflect the status of our general health. When men complain about ED and women lose interest in sex after menopause, it may be time to look harder at the indicators of cardiovascular disease, diabetes, high cholesterol and high blood pressure. Written by an experienced urologist and a nurse practitioner, this book is an easy to understand guide to a new way of looking at our health as we age.

Hope On The Horizon

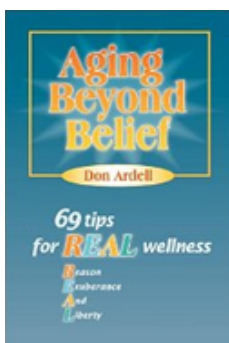


Item: Doug-1

\$27.95

Are you suffering from chronic fatigue, lack of energy, high cholesterol, heart disease, cancer, over stress? Find the keys to vibrant health... and defeat America 's top 5 health assassins in the process! Nearly one in three Americans will be affected by cancer in their lifetime.

Aging Beyond Belief by Don Ardell, PhD



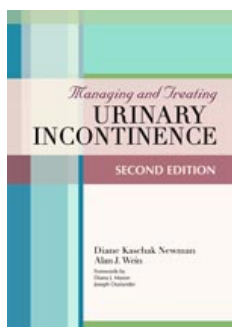
Item: WP-1

\$10.87

This new book by Don Ardell, Director of our own Wellness Center is sub-titled, "69 recommendations for a more healthful, enjoyable and meaningful existence at every stage of life. "Whatever your age, it's never too soon, or too late, to learn and apply the fine art of aging well, really well. Discover what aspects of aging can't be changed and improve the rest that can. Mold your own realities with REAL wellness, Ardell-style.

Books and Software

Managing and Treating Urinary Incontinence, Second Edition



Item: 29210

\$64.95

By Diane Kaschak Newman, R.N.C., M.S.N., C.R.N.P., F.A.A.N., and Alan J. Wein, M.D., Ph.D. (hon) Incontinence is not an inevitable part of aging, nor is it untreatable once it develops. Thoroughly revised and updated, this new edition of a trusted resource teaches diverse and effective strategies for assessing, managing, and even eliminating urinary incontinence in all care settings.

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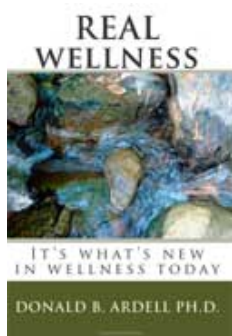
Item number: Single Copy of book, 4 copies - qty discount, 8 copies - qty discount, 12 copies - qty discount

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REAL Wellness by Don Ardell, PhD



Item: WP-2

\$8.95

This book deals with perspective, personal freedoms, exercise and diet, service to self and others, motivation for employees, the history of the wellness movement and, far more important, a model for the future from both a personal and a societal perspective.



call us: 1-800-840-9301
e-mail us:
customer.service@seekwellness.com



SeekWellness Order Form

SeekWellness LLC

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