



5 Stages of Health

Dr Ross Walker

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In the *Five Stages of Healing*, respected cardiologist and media personality Dr Ross Walker takes you through the five stages you need to incorporate into your life to be truly healthy and healed. How many of you reading this feel trapped in your life? How many have constant niggles, maybe a chronic complaint, can't lose weight, feel persistently tired and often stressed? If you ticked the box to any of these, there is something in this book for you.

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