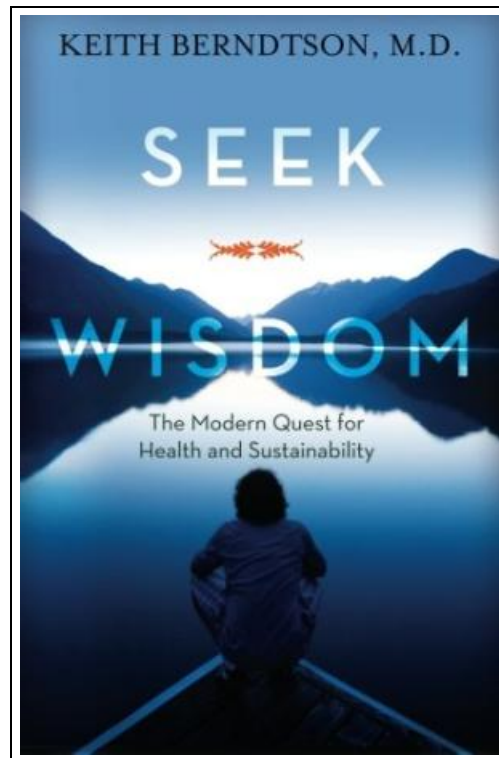


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Reviews

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SEEK WISDOM: THE MODERN QUEST FOR HEALTH AND SUSTAINABILITY



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One Bodymind, Ltd., United States, 2012. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.In *Seek Wisdom*, the first book of his One Bodymind Series, Dr. Berndtson introduces a new approach to the care and prevention of chronic illness, with profound implications for health education, self-care, and the stewardship of living systems. He shows how oversimplification of the physician's task is hurting patient care and limiting medicine's potential as a healing force in the world. With its problems mounting and no sustainability plan in place, humanity is in a bind. He asks, What might a planetary medicine doctor advise humanity to do? In exploring answers to this question, his essays forge a new vision for health and healing - a call for unity around the lasting idea that wellness of the people, by the people, for the people, might yet flourish on the earth. Synthesizing the insights of thought leaders committed to promoting the health of people and the planet, he lays the groundwork for a new type of social networking and cooperation, and gives it a bold platform in his wellness support website. *Seek Wisdom* will change the way you look at the world - and yourself. Among the million or so physicians in the U.S., only a handful can also be described as both philosophers and futurists. Keith Berndtson, MD, is a serious contender for this select group. Concerned about the decline of our health care system and our steadily worsening health statistics, in *Seek Wisdom*, Dr. Berndtson offers a jump start to rethinking the way we approach longevity, good health, and the treatment of disease. - David Edelberg, MD, Author of *Healing Fibromyalgia* and *The Triple Whammy Cure*. Keith Berndtson provides us with compassionate...



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