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The Strong Women's Guide to Total Health

Miriam Nelson, Jennifer Ackerman

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This practical and interactive guide shows women how to optimize their potential for health and well-being through in-depth information, self-assessment quizzes, and checklists to determine individual risk factors for common ailments and more serious diseases. Dr. Miriam Nelson shares the preventative measures that can be taken now to avoid such health problems down the road.

From sexual and reproductive health to beauty, heart health, emotional well-being, bone and muscle health, and weight control, *Strong Women's Guide to Total Health* offers a complete picture of the broad spectrum of issues that impact overall health. It is essential reading for women of all ages.

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