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The Harvard Medical School Guide to a Good Night's Sleep

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New health books series: The Harvard Medical School Guide

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Doctor K. is Dr. Anthony L. Komaroff, Editor in Chief of the Family Health Guide and Professor of Medicine at Harvard Medical School. Each day he answers reader's questions about a wide range of health concerns.

Family Health Guide - Harvard Health

Identity Guide. Welcome to the style guidelines and best practices site for Harvard Medical School, which serves as a resource for designers, communicators, and anyone who is visually representing Harvard Medical School online, in print or in person. Primarily for use by the Office of Communications and External Relations (OCER), the graphic design elements establish and maintain a clear, unified identity within the Harvard Medical School community and beyond.

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The Harvard medical school guide to tai chi: 12 weeks to a healthy body, strong heart, and sharp mind / Peter Wayne, with Mark Fuerst. p. cm. Includes bibliographical references and index. eISBN 978-0-8348-2848-3 ISBN 978-1-59030-942-1 (pbk.: alk. paper) 1. Tai chi—Therapeutic use. 2. Health. I. Fuerst, Mark. II. Title. RM727.T34W39 2012 613.7?148—dc23

The Harvard Medical School Guide to Tai Chi

Harvard Medical School Family Health Guide is an excellent source of information on medical topics for the common people. Written in plain, simple English, the book gives information on diseases, their prevention and treatment, when to call the doctor and when to try home remedies, and how best to deal with certain ailments for which there is no cure available.

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The Harvard Medical School Guide to a Good Night's Sleep

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Harvard Medical School Guide to Tai Chi
Harvey Bronkowitz Edition Paperback 2004

supports the long-standing claims that Tai Chi also has a beneficial impact on the health of the heart, bones, nerves and muscles, immune system, and the mind. This research provides fascinating insight into the underlying physiological mechanisms that explain how Tai Chi actually works. Dr.

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