



The Wellness Code: The Evidence-Based Prescription for Weight Loss, Longevity, Health and Happiness

Brian Morris M.D.

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In the tradition of *The 7 Habits of Highly Effective People* by **Stephen Covey**, *The Happiness Project* by **Gretchen Rubin**, *The Four Agreements* by **Don Miguel Ruiz**, and *The Life-Changing Magic of Tidying Up* by **Marie Kondo** comes *The Wellness Code* by **Dr. Brian Morris**. *The Wellness Code* is unlike any health or diet book you've ever read. In this life-changing book, you will learn why conventional diets don't work and what actually works. For years, **Dr. Brian Morris** has shared the secrets to maintaining a healthy lifestyle and an optimal weight with his patients. For the first time, **Dr. Morris** is making this information available to the general public. Backed by hundreds of references from the medical literature, *The Wellness Code* synthesizes decades of scientific research and clinical experience into a time-tested, holistic program for looking and feeling great. *The Wellness Code* will show you how to create a personalized plan to finally lose the weight, transform your health, and find lasting happiness. You will learn how to live long and live well.

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