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Dr. Sanjiv Chopra, a professor of medicine at Harvard, and Dr. Alan Lotvin, a cardiologist, weigh in with "Doctor Chopra Says--Medical Facts and Myths Everyone Should Know." The book is divided into five sections: Food and Drink; Drugs, Vitamins, and Supplements; Medicine; Alternative Medicine;

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Sanjiv Chopra teams up with renowned cardiologist Dr. Alan Lotvin to give you the most cutting-edge medical research available. Doctor Chopra Says explains how you can tell the difference between true medical news and irrelevant media hype, covering such vital topics as: · Is wine the best medicine? · Which cancer screening methods are effective? · Is there a "best" diet for you? · What one vitamin should everyone be taking? (And why you can throw away all the rest.) · Are statins the new miracle drug? Filled with authoritative advice from many of the top medical experts in their respective fields, Doctor Chopra Says gives you the tools you need to lead a healthier, happier, and longer life. The media MYTHS, the medical FACTS, and health ESSENTIALS revealed . . . MYTH: Megadoses of vitamin E

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might stave off some cancers, Alzheimer's Disease, macular degeneration, and other serious health problems. FACT: Taken regularly over a long period of time, vitamin E supplements of more than 450 mg can be extremely dangerous. MYTH: Drinking too much coffee has been linked to health problems, including heart attacks, birth defects, pancreatic cancer, osteoporosis, and miscarriages. FACT: People who drink coffee have significantly reduced their chance of developing liver cancer. MYTH: Vaccines may cause extremely serious health problems, including autism. FACT: There is absolutely no evidence of a link between vaccines and autism. MYTH: People can get enough vitamin D3 from exposure to the sun for fifteen minutes a day. FACT: During the winter, people living north of about 35o latitude

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cannot get the necessary UV light from the sun.

WE'VE ALL SEEN THE HEADLINES: The Pill That Can Prevent Cancer! A Guaranteed Way To Avoid Alzheimer's Disease! The Food That Lowers Bad Cholesterol! BUT WHAT SHOULD WE BELIEVE? ONCE UPON A TIME, maintaining your health seemed relatively simple. But today we're barraged by a never-ending array of conflicting medical advice. It's all terribly confusing, and most of us aren't sure what news we can trust and what we can ignore. Doctor Chopra Says offers a solution that will help you make the right decisions for your health. In this groundbreaking book, Dr. Sanjiv Chopra teams up with renowned cardiologist Dr. Alan Lotvin to give you the most cutting-edge medical research

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The underlying promise of every exciting medical discovery, diet, and exercise program is the same: do this, buy this, or

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WINE THE BEST MEDICINE?, Dr. Sanjiv Chopra and renowned cardiologist Dr. Alan Lotvin to give you the most cutting-edge medical research available concerning food and drink medical myths.

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Inspirational storytelling, scientific evidence, practical advice, captivating exercises, and poetry, Dr. Sanjiv Chopra and Gina Vild present a powerful message that shows you how to achieve happiness no matter the challenges and stumbling blocks you face along the way. They also reveal the best way to be happy: Discover and live your life's purpose. It's a sure path to human flourishing. In fact, you may be surprised to learn that living with purpose can even add years to your life. Do you know your life's purpose? This book offers a path to discovering it by illuminating the value of gratitude, forgiveness, meditation, music, friendship and so much more. It will set you on the right path and spark sustained happiness, joy and bliss.

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An inspirational guide to positive leadership draws on the author's international presentations of his "LEADERSHIP" mnemonic to outline accessible strategies for listening, demonstrating empathy and behaving in principled ways.

NEW YORK TIMES BESTSELLER • In this thoughtful and revealing memoir, readers will accompany one of the world's most recognizable women on her journey of self-discovery. "I have always felt that life is a solitary journey, that we are each on a train, riding through our hours, our days, our years. We get on alone, we leave alone, and the decisions we make as we travel on the train are our responsibility alone. . . ." A remarkable life story rooted in two different worlds, *Unfinished* offers insights into Priyanka Chopra Jonas's childhood in

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India; her formative teenage years in the United States; and her return to India, where against all odds as a newcomer to the pageant world, she won the national and international beauty competitions that launched her global acting career. Whether reflecting on her nomadic early years or the challenges she has faced as she has doggedly pursued her calling, Priyanka shares her challenges and triumphs with warmth and honesty. The result is a book that is philosophical, sassy, inspiring, bold, and rebellious. Just like the author herself. From her dual-continent twenty-year-long career as an actor and producer to her work as a UNICEF Goodwill Ambassador, from losing her beloved father to cancer to marrying Nick Jonas, Priyanka Chopra Jonas's story will inspire a generation around the world to gather their

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Harbor, December 21, 2010
courage, embrace their ambition, and commit to the hard work of following their dreams.

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