

# **MAYO CLINIC BOOKS**

### FROM SELF-CARE TO ACHIEVING A HEALTHY LIFESTYLE, GET THE HELP YOU NEED FROM A LEADING EXPERT IN HEALTH AND WELL-BEING.



**MAYO CLINIC GUIDE TO SELF-CARE** Features practical advice on more than 300 of today's most common and costly health concerns.



#### **MAYO CLINIC GUIDE TO STRESS-FREE LIVING** After decades of groundbreaking research, this book teaches a scientifically-proven and practical approach to reducing stress.



**MAYO CLINIC GUIDE TO INTEGRATIVE MEDICINE** Updated and revised version of our popular alternative medicine book. Conventional remedies meet alternative therapies to transform health.



#### MAYO CLINIC GUIDE TO A HEALTHY PREGNANCY

Updated and revised, this new Second Edition provides a reliable and practical reference on pregnancy and childbirth from doctors who are parents, too.



#### THE MAYO CLINIC DIET

Created by experts to help reduce health risks and curb costs by achieving and maintaining a healthy weight.

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