



Fit for Life II

By Harvey Diamond, Marilyn Diamond

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The Diamonds expand Fit for Life and offer a complete health program that includes all areas of life, including sleep, stress reduction and relationships.

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Fit for Life II By Harvey Diamond, Marilyn Diamond Bibliography

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Editorial Review

About the Author

Harvey Diamond is the world-renowned coauthor of the #1 New York Times best-seller, *Fit for Life*, which held that position for an unprecedented forty straight weeks and has sold over 12 million copies worldwide. Mr. Diamond has dedicated thirty-plus years of his life to the development of a truly healthy lifestyle. In pursuit of that goal, he overcame a debilitating, longtime digestive disorder, ended his migraine headaches, lost over fifty pounds, and in a stunning validation of his methods, triumphed over a condition called peripheral neuropathy (brought about by Agent Orange poisoning while serving his country in Vietnam). His energy, charisma and relaxed, conversational style have made him a sought-after guest expert on countless radio and television shows, including: Oprah, Geraldo, Nightline, Larry King Live, Live with Regis, The Today Show, and many others.

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