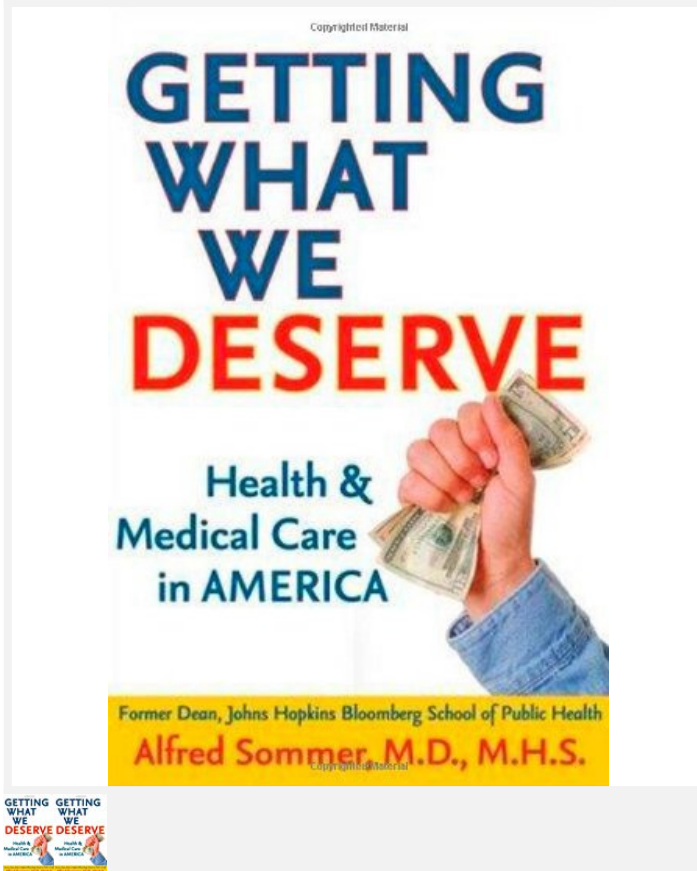


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## Book Synopsis

An assessment of the state of public health in America. It explains that most illness can be avoided or managed with simple, low-tech habits such as proper hand washing, regular exercise, a balanced diet, and not smoking.

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