



**Revive: Stop Feeling Spent and Start Living Again  
[Paperback] [2009] (Author) Frank M.D. Lipman,  
Mollie Doyle**

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# Revive: Stop Feeling Spent and Start Living Again [Paperback] [2009] (Author) Frank M.D. Lipman, Mollie Doyle

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Americans seem to be suffering an epidemic of chronic fatigue. Some of this can be attributed simply to lack of sleep, particularly in the Eastern time zone, where 11 p.m. is the end of prime-time television. Also highly suspect are the many additives in much of the food we eat and toxins in the air we breathe. Lipman-founder and director of New York's Eleven Eleven Wellness Center, whose patients include Kyra Sedgwick and David Letterman-here presents a six-week program to detoxify, change eating habits, work daily exercise into one's schedule, and support those who are trying to clean up our environments. Similar in scope to Woodson Merrell's *The Source* (forthcoming in October 2008), Lipman's book includes notes on the studies he cites, which improves his credibility. Rather than a separate cleansing regimen, Lipman incorporates his detoxification into the complete program, recommending a gradual removal of various foods as well as the addition of yoga stretches and movements. Buy either of these two excellent titles.-Susan B. Hagloch, formerly with Tuscarawas Cty. P.L., New Philadelphia, OH Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title. Review "Frank Lipman has been our trusted friend and doctor for more than fifteen years. Time and time again, Frank has helped us to restore our bodies to their natural rhythms and health. Spent is his detailed, engaging, and inspiring road map for how to heal your body and sustain your energy for life!"--Kyra Sedgwick and Kevin Bacon

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