



FACT SHEET

For further information contact: J. Joseph Speidel, MD, MPH
650-572-1001 | JJSpeidel@gmail.com
www.jjspeidel.com

“THE BUILDING BLOCKS OF HEALTH—HOW TO OPTIMIZE WELLNESS WITH A LIFESTYLE CHECKLIST” A NEW BOOK BY DR. J. JOSEPH SPEIDEL

TITLE

“THE BUILDING BLOCKS OF HEALTH”

SUBTITLE

“HOW TO OPTIMIZE WELLNESS WITH A LIFESTYLE CHECKLIST”

PRODUCTION SPECIFICATIONS

PAGES: 600

SIZE: 6.69 inches BY 9.61 inches, (244mm x 170mm) (pinched crown) portrait

BINDING: Paperback, perfect bound

CONTENT

NARRATIVE: 16 chapters, references, and index

PUBLISHER

“The Building Blocks of Health—How To Optimize Wellness with a Lifestyle Checklist” is published by:

JJ Webster Publishing

P.O. Box 4314

750 Alma Ln

Foster City CA 94404

650-572-1001

WHERE TO BUY

The Building Blocks of Health is available at Amazon.