



The Intellectual Devotional Health: Revive Your Mind, Complete Your Education, and Digest a Daily Dose of Wellness Wisdom

By David S. Kidder, Noah D. Oppenheim, Bruce K. Young

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In this fourth installment of the *New York Times* best-selling *Intellectual Devotional* series, authors Noah Oppenheim and David Kidder have partnered with Bruce K. Young, MD, to offer a year's worth of medical knowledge and wellness wisdom. Each daily dose in this infectious volume offers insight into the mysterious terrain of the human body and the factors that impact its constitution.

Drawn from seven diverse categories, including lifestyle and preventive medicine; the mind; medical milestones; drugs and alternative treatments; sexuality and reproduction; diseases and ailments; and children and adolescents, these 365 entries are as informative as they are functional. From aspirin to the x-ray, headaches to Hippocrates, Viagra to influenza, *The Intellectual Devotional: Health* will revive the mind and rejuvenate the body. Sure to please devoted intellectuals and newcomers alike, this timely volume sheds new light on an endlessly fascinating subject: ourselves.

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Editorial Review

About the Author

David S. Kidder is an entrepreneur with a wide range of technology and marketing expertise. Kidder and his companies have appeared in numerous publications including the *New York Times*, the *Wall Street Journal*, *USA Today*, and *Fast Company*. Kidder is a graduate of Rochester Institute of Technology and was a recipient of *ID* magazine's International Design Award. He lives in Westchester, New York, with his wife, Johanna, and son.

Noah D. Oppenheim, a senior producer of NBC's *Today* show, has extensive experience in television and print journalism. He has produced and reported for *Scarborough Country* and *Hardball with Chris Matthews*, and his writing has appeared in *Esquire*, the *Wall Street Journal*, *Men's Health*, and the *Weekly Standard*. He resides in New York City.

Bruce K. Young, MD., is internationally known as a leader and innovator in obstetrics and gynecology. He developed the first obstetrical intensive care unit and founded the Division of Maternal and Fetal Medicine at NYU Medical Center. He is the Silverman Professor of Obstetrics and Gynecology at NYU Medical School and is listed among America's Top Doctors and in *New York* magazine's Best Doctors 2008.

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Lisa King:

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