



# The Best is Yet to Come: Health and Happiness

*Dr. Howard, M.D. Murad*

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A 75-year-old pharmacist loses the cherished business he founded nearly half a century earlier, but instead of retiring in defeat, he discovers that his life is only just beginning. Dr. Howard Murad tells this inspirational story in Book Three of the Health and Happiness series and says that far too many of us look backwards. The doctor's prescription: with the right attitude and few simple changes in lifestyle, we just may find that *The Best Is Yet to Come*.

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