

# Ask Dr. Nandi - Book Testimonials



Dr. Nandi walks through the five key pillars that we need for happy, long lives. Instead of focusing on one disease or ailment, Dr. Nandi gives us a total, holistic prescription to live to our fullest potentials. Ask Dr. Nandi is powerful for two reasons. First, his advice about finding and cultivating your tribe is compelling. Too often, the connection with other people in our communities is lost today in our busy, online world. Second, Dr. Nandi offers simple techniques to become more mindful and incorporate meditation into our daily lives. Guided by this book, anyone can live a more joyful, health-minded lifestyle.

**Mark Hyman MD, Best Selling Author and Director of the Cleveland Clinic Center for Functional Medicine**



Joining the ranks of Deepak Chopra and Oprah Winfrey - Ask Dr. Nandi is game changing in it's simplicity! You will learn the elegant ways to harness the magic of being alive: food, movement, belonging or "tribe", a sense of purpose, and room to reflect and develop a life of the spirit. Develop all five and thrive. Learn how to enfold family, friends, colleagues and community to become a #HealthHero, one of a small percent of the population that knows how to really live. Devour this book and put it to work! When you do, the promise is nothing less than deeper, richer, healthier, longer days on Earth.

**Teresa de Grosbois**  
**International Bestselling Author and President, Wildfire Workshops Inc.**



Dr. Nandi is one of the most brilliant board certified physicians, and integrated health thought leaders in the world today. As the world's Dr. — from Dubai to Detroit, his advice is trusted by leading institutions and individuals around the globe. Dr. Nandi sets the bar high, by bringing back the lost art of having a "good bedside manner." His wisdom teaches us, that not only is the doctor-patient relationship vital, but all relationships are sacred. This doctor knows best, that integrating movement, good foods, and healthy attitudes, with a sense of belonging in a supportive circle of family, friends, and community, is the real way to keep you heart healthy; both the one that beats, and the one that loves people, life, and yourself.

Dr. Nandi's new book is not your typical stuffy medical advisory. We all know we should eat our peas and take care of ourselves. This new book, written by a real Health Hero, brings us joy, through simple ideas to help you harness the magic of being alive! His "Five keys to human health," are the right medicine! Read this book. Think about it. Put it to work in your life. If you do, the promise is nothing less than deeper, richer, healthier days on Earth. If you want the most health benefit, with the least effort, this book is for you.

**Bryant McGill, International Bestselling Author, U.N. Global Champion, & Nobel Peace Prize Nominee**



Dr. Partha reaches over 80 million people daily with his wildly popular television show, Ask Dr. Nandi and now you can bring his powerful advice home with his book. He outlines his simple yet comprehensive plan to uplevel your health and your life. Learn why millions rely on Dr. Nandi daily for their health.

**JJ Virgin, CNS, CHFS**  
**New York Times Bestselling Author, Nutrition & Fitness Expert**