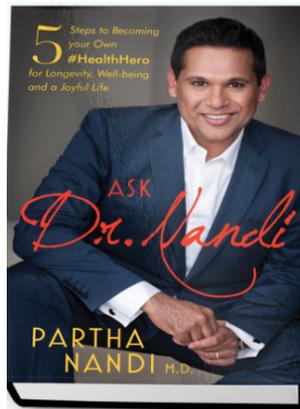


DR. PARTHA NANDI REVEALS THE 5 SIMPLE STEPS TO BECOMING YOUR OWN #HEALTHHERO IN NEW BOOK:

“ASK DR. NANDI: 5 STEPS TO BECOMING YOUR OWN HEALTH HERO FOR LONGEVITY, WELL-BEING AND A JOYFUL LIFE”



Leading Physician Gives Readers Blueprint for Life

New York, NY (July, 2017) - Dr. Partha Nandi reveals in his debut book that your health is NOT PRE-DETERMINED. After studying the health habits of communities around the globe who live the longest, Nandi is sharing what he found in his new groundbreaking book.

Cutting through the clutter, **ASK DR. NANDI: 5 Steps to Becoming Your Own Health Hero for Longevity, Well-being and a Joyful Life**, Dr. Partha Nandi, MD, FACP, manages to break down the very best research into five simple steps everyone can follow, starting today. This is **NOT**, “*just another diet book*,” with the trendy, complicated and restrictive meal plans that turn people *off* to health. This is a true blue print that **DISRUPTS** the status quo by engaging readers with in-depth discussions on the health and wellness topics that matter to people’s real lives. Instead of focusing on one disease, ailment, or singular solution, Dr. Nandi reveals a total, holistic prescription to live to our fullest potential.

Nandi’s mission to spread a new kind of hands-on empowerment has incited a social media movement, with his followers engaged in sharing their own stories and successes moving through the 5 steps, using the hash tag #HealthHero. Each chapter focuses on one of the steps, with how-to ideas and delicious recipes that fit into your real life.

Releasing September 12, 2017 (NORTH STAR WAY), the book empowers readers with Nandi's five-pillar prescription that is an uplifting antidote to fad diets that hold back our health potential.

About the Author

Dr. Partha Nandi, Chief Health Editor, WXYZ-TV (ABC) in his hometown of Detroit and creator and star of "[Ask Dr. Nandi](#)," an Emmy-award winning medical lifestyle show that reaches over 95 million U.S. households and 90 countries. One of the most trusted and influential physicians today, Dr. Nandi has become a medical mentor for a new generation.

DR. PARTHA NANDI delivers passionate, empathetic, and trusted health advice daily to over 90 million U.S. households, is seen in 90 countries worldwide, and his Facebook videos have been watched by more than 1.5 million viewers. As a practicing physician and renowned international speaker, Dr. Nandi travels all over the world, meeting with global health leaders on his quest to improve health care quality, access and advocacy.

"No longer is it enough to only treat the sick. We have the power to live healthy and to stay healthy. With my first book, I want to inspire others to make decisions that can change the trajectory of their lives. By following the five proven steps detailed in this book, you will learn the transformative keys for enjoying a deeply enriched life as a health hero."

--Dr. Nandi

Nandi's health hero journey started at the early age of 6 when he was diagnosed with rheumatic fever. Inspired by the nurturing love of his family and the dedication and care of his physician, this life-threatening experience set his life's course; he wanted to be this kind of hero. Straightforward and sincere, "Ask Dr. Nandi" chronicles Nandi, a full-time practicing physician, as the living embodiment of the proverb, "*Physician, heal thyself.*" He has walked in the shoes of his patients who are dealing with serious health crises, and through the process of his recovery to wellness, took control of his own health, eventually developing the concept of Health Hero Advocate.

Drawing from his personal health battle as well as the real-life survival stories of his patients, combined with extensive study into the lives of great achievers and leaders, Nandi's book is a deeply insightful formula for living an enriched life. Whether addressing bullying or prostate cancer, community and purpose, or fitness and nutrition, tackles the tough questions, stimulates conversations, and creates a new awareness of options and resources. In summary, this book gives readers the confidence to make the best choices for their health as well as the motivation to continue making them - and birth a new and continuing lifestyle in the process.

To pre-order, please go to askdrnandi.com/book.

ABOUT “ASK DR. NANDI”

Airing in over 95 million homes in the U.S. and over 90 countries, “Ask Dr. Nandi” is currently in its third season and available in syndication, as well as DISH, AT&T, Comcast, DIRECTV and Charter. A global success, “Ask Dr. Nandi” covers a wide variety of health and wellness topics that many people are not yet familiar with— or are afraid to ask about. Designed to educate, inspire and empower, “Ask Dr. Nandi” is an internationally syndicated medical lifestyle television show whose mission is to improve the health of America and the world with compassion, empathy and integrity.

Title: *Ask Dr. Nandi: 5 Steps to Becoming your Own Health Hero for Longevity, Well-being and a Joyful Life*

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