



**Maximized Living Makeover: The 5 Essentials of  
Maximized Living Will Revitalize Your Mind, Re-  
energize Your Body, and Revolutionize Your Life!  
(Updated Second Edition)**

*Dr. Ben Lerner*

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# Maximized Living Makeover: The 5 Essentials of Maximized Living Will Revitalize Your Mind, Re-energize Your Body, and Revolutionize Your Life! (Updated Second Edition)

*Dr. Ben Lerner*

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