

**Start Strong, Finish Strong: Prescriptions For A Lifetime Of  
Great Health**

**By Kenneth Cooper M.D. MPH; Tyler Cooper M.D. MPH**

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Adopting the Finish Strong attitude in your life will help you stay focused and remain motivated to achieve your goals. <http://www.finishstrong.com/>

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SPIRITUAL HEALTH: "" t , \* -r nature. He is serious, strong and emotional D-Tallahassee, a FAMU alum.

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Finish Strong Physicians Kenneth and Tyler Coopers' new book is a prescription Start Strong, Finish Prescriptions for a Lifetime of Great Health  
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