

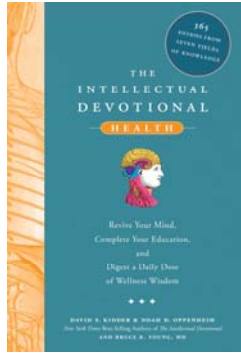
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Bestselling Series Offers 365 Daily Doses of Health & Wellness Wisdom

The Intellectual Devotional: Health Provides Insight for a Healthier You

(New York, NY): Today, more people are taking an active role in the prevention and treatment of medical conditions and improving their day-to-day health. There is much to learn about the human body, food choices and positive living. There are also many contemporary resources for treating specific symptoms as they arise. But one of the best (and age-old) methods for maintaining the good health of you and your family is to cultivate a broad knowledge of health issues.



Now you can empower yourself with a wealth of information on everything from childhood and adolescence issues to the aging process. Impress others with facts on historical events and medical influencers that have advanced medicine and diagnostic technology with ***THE INTELLECTUAL DEVOTIONAL: HEALTH*** (Rodale, October 2009, Hardcover, \$24.00) which offers invaluable insight 365-days a year for a healthier you.

The Intellectual Devotional: Health is the fourth installment in the *New York Times* best-selling series by **David S. Kidder** and **Noah D. Oppenheim**. With the assistance of **Bruce K. Young, MD**, this daily devotional will renew the mind and provide readers with health and medical information important for general wellness.

The Intellectual Devotional: Health is a valuable resource to add to any reading collection or give as a gift. Easy to understand, it combines learning with a daily ritual of fascinating reading on seven vital categories of health and wellness including:

"Drugs & Alternative Treatments," "The Mind," "Sexuality & Reproduction," "Children & Adolescents," "Diseases & Ailments," "Lifestyle & Preventative Medicine," and "Medical Milestones." Readers will gain insight on topics including:

- What causes a Yawn, a Bruise, Headaches, Mumps or Gastroenteritis?
- What are the effects of Echinacea, Growth Hormones, Reflexology or Trans Fats?
- What is Diverticulitis, Celiac Disease, MAO Inhibitors or the Circle of Willis?
- How can I identify Obsessive-Compulsive Disorder, Schizophrenia, Epilepsy or Personality Disorders?
- Is my child susceptible to Opposition Defiant Disorder, Turner Syndrome or Developmental Delays?
- Who is responsible for the first blood transfusion, ultrasound, Lasik Surgery, Bone Marrow Transplant or Vaccination?
- What should I know about Birth Control, Infertility, Pregnancy, Miscarriage and STD's?

The Intellectual Devotional: Health will help you refresh your memory on health tips, learn new medical facts and impress your friends and colleagues with insight, short quips and facts on all things health related. Additional information is available at

www.theintellectualdevotional.com.

The Intellectual Devotional: Health
Revive Your Mind, Complete Your Education, and Digest a Daily Dose of Wellness Wisdom
David S. Kidder, Noah D. Oppenheim and Bruce K. Young, MD
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About the Authors:

David S. Kidder: Born in Upstate New York, David S. Kidder is a serial entrepreneur with a wide range of operational, technology, and marketing expertise focused on online product development and Internet advertising and marketing. He is the co-Founder and CEO of Clickable, a venture-backed online advertising web service based in New York City. David is a regular at universities and technology conferences and has appeared on *The NBC Today Show*, *Fox News* and in publications such as *The New York Times*, *Wall Street Journal*, *USA Today*, *Fast Company*, among others.

Kidder is a graduate of the Rochester Institute of Technology. He has received ID Magazine's International Design Award and the Ernst and Young's Entrepreneur of the Year Award in 2008 (Metropolitan, and National Selection). David lives in Westchester County, New York, with his wife and two sons.

Noah Oppenheim: Born in New York, Noah Oppenheim is Head of Unscripted Development at Reveille, the production company behind *The Office* and *The Biggest Loser*. Previously, Oppenheim served as Senior Producer on NBC's *Today Show*, and has extensive experience in television and print journalism.

Prior to the *Today Show*, he was Executive Producer of *Scarborough Country* and Senior Producer of *Hardball with Chris Matthews*. His writing has appeared in the *Wall Street Journal*, *Esquire*, *Men's Health*, and *The Weekly Standard*. Oppenheim graduated magna cum laude with a B.A. from Harvard University. He lives in Santa Monica, CA with his wife and son.

Bruce K. Young, MD, is internationally known as a leader in obstetrics and gynecology. He created the Prenatal Diagnostic Unit at Bellevue, the first such facility in New York City. He developed the first obstetrical intensive care unit in the world and he was among the first to help women with serious medical conditions to have children. He made the world's first diagnosis of fetal heart disease from a fetal electrocardiogram. Most recently, he performed the first endoscopic fetal surgery in New York State and gained worldwide recognition for successful repair of pre-term ruptured membranes to prevent pre-term birth.

Dr. Young founded the Division of Maternal and Fetal Medicine at NYU Medical Center. He is currently the Silverman Professor of Obstetrics and Gynecology at the New York University School of Medicine. He was honored by having the NYU Department of Obstetrics and Gynecology annual research day named after him. He has been listed among America's Top Doctors and New York Magazine's Best Doctors every year since their inception. He is also the author of *Miscarriage, Medicine and Miracles: Everything You Need to Know about Miscarriage*.

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