

How to Build a Stronger, Healthier, Happier You

THE MAKER'S DIET

A close-up photograph of two hands, one from a person with darker skin and one from a person with lighter skin, gently holding a small, translucent globe of the Earth. The hands are positioned on either side of the globe, with fingers slightly curled around it. The background is a soft, out-of-focus blue sky with wispy white clouds.

The #1 New York Times Bestseller • The world's most powerful health
expert reveals why everyone should eat like a maker

Foreword by Dr. Charles F. Stanley

JORDAN S. RUBIN

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