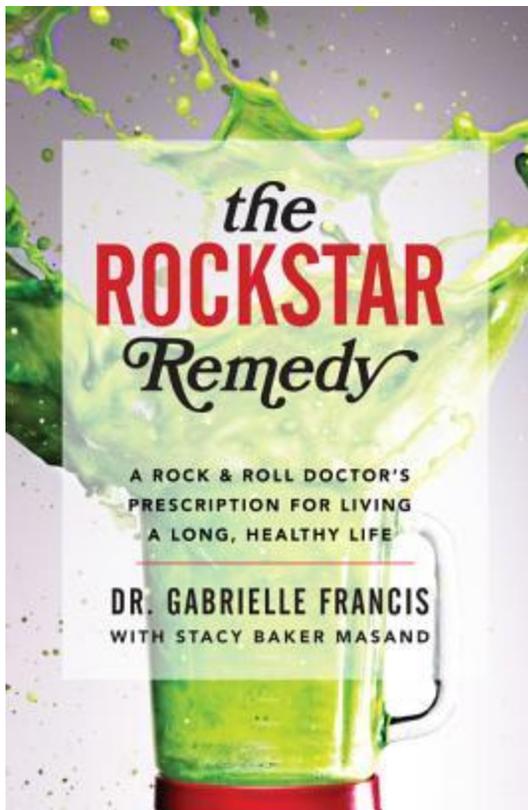


Between the Covers

Thoughts on books, reading and publishing from the staff and friends of the Tattered Cover Book Store.

About Those Resolutions....



When we think of rock stars, we tend to think of extreme living: the infamous trinity of sex, drugs, and rock & roll. But the truth is, those myths are sexier than the facts. The best-kept secret of the music industry is that the majority of our rock & roll idols are committed to health--even when they party like, well, rock stars.

As a holistic physician and massage therapist to many of the music world's elite, Dr. Gabrielle Francis knows this truth firsthand. Over the course of her career, she has helped some of the biggest names in the music industry look and feel great, despite an exhausting lifestyle that both demands discipline and welcomes overindulgence. In **The Rockstar Remedy**, she shares the program that has helped these stars repair, recover, and refuel so that they can perform at their best.

In many ways, the health obstacles facing Dr. Francis's most famous clients are the same as those facing her everyday patients. Being overscheduled, sleep deprived, on the road, or occasionally eating or drinking to excess aren't lifestyle habits unique to the music industry--they are the same challenges we encounter all the time.

In **The Rockstar Remedy**, Gabrielle offers unique strategies for boosting your energy and looking and feeling your best, even when the realities of work, scheduling, parenting, and life seem to stand between you and your health goals. She explains that your health exists on a spectrum, and the simple act of making better choices every day--even if they may not always be the best choices--helps achieve balance in both mind and body. Gabrielle also shares her popular "damage-mitigation techniques," which offer simple ways to reverse the negative effects caused by less-than-perfect choices.

With exclusive interviews from artists such as Steven Tyler, Dave Navarro, Tommy Lee, Eve, and members of Megadeth, Def Leppard, Anthrax, and many more, **The Rockstar Remedy** offers an accessible, fun, and effective plan for staying healthy and happy in the chaos of our daily lives.