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Morc Coulson is senior lecturer in Sport and Exercise Science at the University of Sunderland. He is the author of a number of books for fitness professionals including, *The Advanced*

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The Survivor's Handbook provides practical support and information for women experiencing domestic abuse,

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The Hood Health Handbook is a comprehensive source of information and insight on nearly every health issue faced by the urban community.

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In plain language, the authors draw on well-known examples from urban culture to illustrate what works...and what doesn't. Focusing on natural and affordable approaches, the authors provide recommendations that anyone can put to practice. Volume One focuses on the status of health in the urban community, the "wrong foods" that make us unhealthy, the history of diet and healthcare among Black and brown people (focusing on how things changed for the worst), the diseases and illnesses that plague our communities, and holistic (natural) methods to heal and treat ourselves into wellness.

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