

Instructions for Splitting Dr A's Books so They Are Easier to Handle!



Habit of Health Book

- First section is through Page 164
- Second section is through page 354
- Third section is through the end of the book
- Clear plastic on front
- Hard cover back

LifeBook

- First section is through Page 149
- Copy page 150 to be the first page of section 2
- Second section is through page 327
- Copy page 328 to be the first page of section 3
- Third section is through the end of the book
- Clear plastic on front
- Hard cover back

