

Hi

I am a family doctor in Australia who has self published a simple book on personal health titled -

Take a Simple Drive to a Healthier Life

The aim of this email is to make the book's free availability known to all your members through your network of U3As. if you think that it may help your members improve their health and understanding of some basic health issues, please forward it to all.

I stress that I receive NO return for any free downloads of the ebook.

Having sold enough physical copies to more or less break even, I decided last year to make the ebook version free for all - available either via the orange books app on iPhone / imac / ipad or free via Amazon for kindle on UK site or for android / pc via a simple download from my simple health website - thesimpledoctor.info.

Since then, there have been over 500 free downloads from the apple site. In addition, over the last 3 months there have been over 150 visitors to the website and I can only assume that perhaps 1/2 may have downloaded a free copy as well.

Veterans Affairs In Australia and Diabetes Vic have been very positive about the book.

I hope that you take the time to have a look at the book. Hopefully, you will agree with Vets and Diabetes Vic and then inform all your members about its easy and free availability.

Please email if you have any questions. I trust that this email is not deemed inappropriate as my motive is to simply spread the word about the health message contained within the book.

Dr Roger Smith

Reply to dr roger smith <roger3806@gmail.com>