

## Nigerian Author Publishes New Book about Health and Wellness

Written by Australian Business

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( [PRLEAP.COM](http://PRLEAP.COM) ) "How to Regain and Retain Your Health," a new book by Tony Akinyemi, has been released by Dorrance Publishing Co., Inc.

Among the creatures walking the face of the earth, none has encountered more complications than humans when it comes to matters regarding health. This is because humans, with the advent of civilization, have become 'experts' at altering the pristine course for healthy living, the cause of anatomical and psychological complications that are unheard of anywhere else in the animal kingdom. "How to Regain and Retain your Health: A Primer on Healthy Living" by Tony Akinyemi presents a holistic approach to addressing health conflicts that have today compromised human potential for optimum health, as well as ideas that challenge the blind alleys of traditional medicine and healthcare practiced all over the world.

About the Author: Tony Akinyemi was born in Ghana of Nigerian parents. He is currently the President and Senior Pastor of The Shepherd's Flock International Churches with headquarters in Ikeja, Lagos State, Nigeria. Before he devoted his time to the Church, he pursued his studies and graduated with a Bachelor's degree in Computer Engineering in 1987 from the then University of Ife in Ile-Ife, Nigeria (now Obafemi Awolowo University). While an undergraduate, he was a Christian student leader. Tony was among the first Nigerians to receive the Novell Certified Network Engineer (CNE) certification in the USA in 1992. In 1998, he also received his Bachelor's degree in Theology from the L.I.F.E. Bible College & Theological Seminary in Ikorodu, Nigeria. Back in 1993, he pioneered the Oregon Foursquare Gospel Church in Ikeja, Nigeria, and eleven years later, he started The Shepherd's Flock International Church. Tony is the host of HEALTHY LIVING and EXTREME MAKEOVER on several TV and Radio Stations on the continent of Africa. He contributes articles to several Nigerian magazines and is also the author of more than a dozen books. He makes his home in Lagos, Nigeria with his wife Tutu. They are blessed with three children.

"How to Regain and Retain Your Health" is a 178-page paperback with a retail price of \$16.00. The ISBN is 978-1-4809-0170-4. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at [www.dorrancepressroom.com](http://www.dorrancepressroom.com) or our online bookstore at [www.dorrancebookstore.com](http://www.dorrancebookstore.com)