

Pr DAVID
KHAYAT

Les gestes
qui changent
TOUT!



Date : 23/09/2026

Pages : 280

Format cm : 16 x 24

Prix : 21.9

EAN : 9782213731469

Little Habits That Change Everything!

Author: David Khayat

Publisher : Fayard

Category : Practical Books

Genres : Well-Being/Self-Help

Keywords : Cancer - Health - Prevention

Professor David Khayat shows how everyone can take practical steps to reduce their risk of cancer, with clarity, insight, and a hopeful perspective.

The fight against cancer has changed profoundly. Medical breakthroughs, early screening, personalized treatments, and artificial intelligence are reshaping the battle against the disease. In *Little Habits That Change Everything!*, Professor David Khayat explains what is now possible thanks to science and shares practical steps that individuals can adopt to reduce their risk. Without dogma or judgement, he highlights the decisive impact of everyday habits, offering a hopeful, empowering, and realistic message.
