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Upon first round of print on demand copies, my review of the book revealed several errors in superscript notations not corresponding to their proper source in the endnotes. Corrections are underway and being resolved.

	Page #	Para-graph #	Line #	Incorrect	Correct	Comment	Publisher Error
1)	31	Bullet No.2	6	...osteoarthritis of the knee. ¹	...osteoarthritis of the knee. ¹¹	Superscript should be 11	
2)	58	Quote	4	(American College of Rheumatology ¹)	(American College of Rheumatology ¹⁵)	Superscript should be 15	
3)	95	2	3	...other being used. ^{1,8}	...other being used. ^{1,4}	2 nd superscript should be a 4	
4)	95	2	4	Missing sentence after "the bilingual advantage." ⁴	The extent of these benefits has recently come under significant debate. ⁵	Add sentence after "the bilingual advantage." ⁴ .	
5)	95	3	4	...by several years. ^{5,9,10}	...by several years. ^{6,7,8}	Superscript should be 6,7,8	
6)	95	4	3	...classroom learning, ⁶	...classroom learning,	No superscript	
7)	95	The Habit	3	...later in life. ⁷	...later in life. ⁹	Superscript should be 9	
8)	96	Header		...Cognitive Reserve and Aging ^{1,5}	...Cognitive Reserve and Aging ^{1,6}	2 nd superscript should be 6	
9)	126	4	4	...the source of insomnia. ²⁰	...the source of insomnia. ⁹	Superscript should be a 9	
10)	128	1	5	...is disrupted. ²²	...is disrupted. ¹¹	Superscript should be 11	
11)	128	3	3	...in-person treatment. ²²	...in-person treatment. ¹¹	Superscript should be 11	
12)	129	1	5	...and genetics. ^{1,4}	...and genetics. ¹⁴	Superscript should be 14 (not 1,4)	
13)	178	3	4	...results and benefits. ⁷	...results and benefits. ³	Superscript should be 3	
14)	179	2	4	...alongside them. ³	...alongside them. ⁵	Superscript should be 5	
15)	180	Bullet	10	...and respirations. ⁵	...and respirations. ⁶	Superscript should be 6	
16)	180	Bullet	11	...blood pressure. ⁵	...blood pressure. ⁶	Superscript should be 6	
17)	180	Bullet	12	...blood sugar control. ⁷	...blood sugar control. ³	Superscript should be 3	
18)	181	Starting Steps	No.4	...breath work. ^{8,9,10,11}	...breath work. ^{7,8,9,10}	Superscripts should be 7,8,9,10	
19)	203	3	5	...sense of community. ^{3,7}	...sense of community. ^{3,4}	Superscript should be 4	
20)	203	3	7	...health outcomes. ⁴	...health outcomes. ⁵	Superscript should be a 5	
21)	203	4	3	...and visual imagery. ⁴	...and visual imagery. ⁵	Superscript should be a 5	
22)	205	Bullets	2	...depressive symptoms, ^{2,6}	...depressive symptoms, ^{2,7}	Superscripts should be 2,7	
23)	205	Bullets	3	...happiness. ^{2,6}	...happiness. ^{2,7}	Superscripts should be 2,7	

24)	205	Bullets	4	...behavior. ^{2,6}	...behavior. ^{2,7}	Superscripts should be 2,7	
25)	205	Bullets	5	...connectedness. ^{2,6}	...connectedness. ^{2,7}	Superscripts should be 2,7	
26)	205	Bullets	6	...community. ^{2,6}	...community. ^{2,7}	Superscripts should be 2,7	
27)	205	Bullets	17	...social isolation. ^{2,6}	...social isolation. ^{2,7}	Superscripts should be 2,7	
28)	213	7	1	...benefit to all of us. ⁶	...benefit to all of us. ⁵	Superscript should be 5	
29)	214	The Habit	1	(Write for 20 minutes.) ⁵	(Write for 20 minutes.) ⁶	Superscript should be 6	
30)	214	The Habit	3	...the practices as follows: ⁵	...the practices as follows: ⁶	Superscript should be 6	
31)	246	Bullet No.1	Line 2	...Task Force (USPSTF) ³	...Task Force (USPSTF)	Remove superscript 3	
32)	315	2	Bullet no.2	...and accidental gun death. ⁵	...and accidental gun death. ⁴	Superscript should be 4	
33)	315	2	Bullet no. 3	...the present day. ⁵	...the present day. ⁴	Superscript should be 4	
34)	362	Header		Practicing Self-Compassion:	Practicing Self-Compassion: ⁸	Missing superscript 8	
35)	368	1	3	...a more healthful diet. ²	...a more healthful diet. ¹	Superscript should be a 1	
36)	368	Quote		...processed foods. ²	...processed foods. ¹	Superscript should be a 1	
37)	368	The Habit	2	...vary by source). ^{3,5}	...vary by source). ^{3,4}	Superscript should be 3, 4	
38)	372	The Impact		The Impact ⁴	The Impact ⁵	Superscript should be a 5	
39)	394	5	3	...sleep apnea rises sixfold. ⁶	...sleep apnea rises sixfold. ⁷	Superscript should be 7	
40)	395	1	1	...apnea is associated with ⁶	...apnea is associated with ⁷	Superscript should be 7	
41)	415	2	3	...and extreme emotions. ⁴	...and extreme emotions. ¹	Superscript should be 1	
42)	415	2	4	...devastating grief and loss. ⁵	...devastating grief and loss. ²	Superscript should be 2	
43)	415	3	3	...heart muscles." ⁵	...heart muscles." ²	Superscript should be 2	
44)	415	3	4	...are disrupted; ⁴	...are disrupted; ¹	Superscript should be 1	
45)	418	2	3	...have never smoked. ^{1,5}	...have never smoked. ^{1,2}	Superscript should be 1,2	
46)	418	4	4	...tobacco smoke. ⁶	...tobacco smoke. ⁴	Superscript should be a 4	
47)	418	5	2	...the use of e-cigarettes. ^{7,8}	...the use of e-cigarettes. ^{5,6}	Superscripts should be 5,6	
48)	419	1	4	...to COPD include ^{1,2}	...to COPD include ^{1,3}	Superscript should be 1,3	
49)	419	4	1	...defining COPD include ³	...defining COPD include ⁷	Superscript should be 7	
50)	420	1	1	...may include ^{4,5}	...may include ^{2,8}	Superscripts should be 2,8	
51)	420	3	3	...and premature death. ³	...and premature death. ⁷	Superscript should be 7	

52)	420	5	6	...and improve symptoms. ^{4,5}	...and improve symptoms. ^{2,8}	Superscripts should be 2,8	
53)	491	5	4	...Diabetic Association.	...Diabetic Association. ²	Missing superscript 2	
54)	534	Intro to SMARTER Endnotes		Missing endnote No.2	Shaffer, Joyce. "Neuroplasticity and Clinical Practice: Building Brain Power for Health." <i>Frontiers in Psychology</i> , vol. 7 1118. 26 Jul. 2016.	Add endnote No.2	
55)	534	Maintain Weight Endnotes		Header & Endnote	Remove Header & Endnote	Chapter was not included in book	
56)	544	Screening That Matters: Cancer Endnotes	3	Kim, Jeffrey et al. endnote no. 3	Remove Kim, Jeffrey et al. endnote no. 3		
57)	545	PrEP Endnotes	3	Cleveland Clinic staff. Endnote no. 3	Remove Cleveland Clinic staff endnote no. 3		
58)	546	Fall Prevention Endnote	No. 5	Centers for Disease Control...	Remove endnote No. 5	Not used.	
59)	547	Helmets endnotes	7	DeGeorge, Katherine Claire endnote no.7	Remove DeGeorge, Katherine Claire endnote no.7		
60)	547	Dutch Door Endnotes	3	Lahrmann, Harry et al. endnote no.3	Remove Lahrmann, Harry et. Endnote no. 3		
61)	548	The Root Cause Endnotes	1 & 2	Goldin, Alison et al. No. 1 Uribarri, Jaime et al. No. 2	Remove The Root Cause: Inflammation Header and Endnotes No. 1 & 2		
62)	551	Challenge & Heart Endnotes	3	Redwine, Laura S. et al. Endnote no. 3	Remove endnote no. 3		
63)	555	Challenge & Depres Endnotes	2	Hanson, Rick PhD <i>Resilient...</i> Endnote no. 2	Remove endnote no. 2		
64)	558	Sleep & Change Endnotes	5	Dorrian, Jillian et al. Endnote no. 5	Remove endnote no. 5		