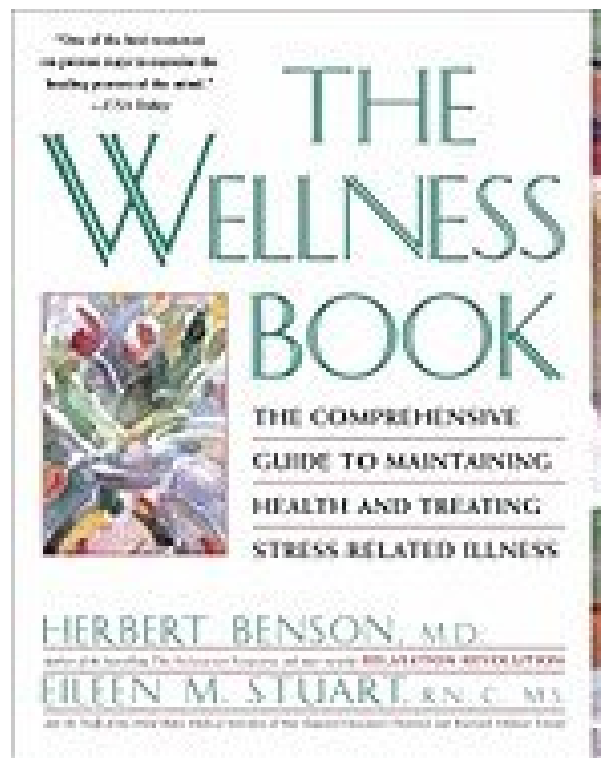
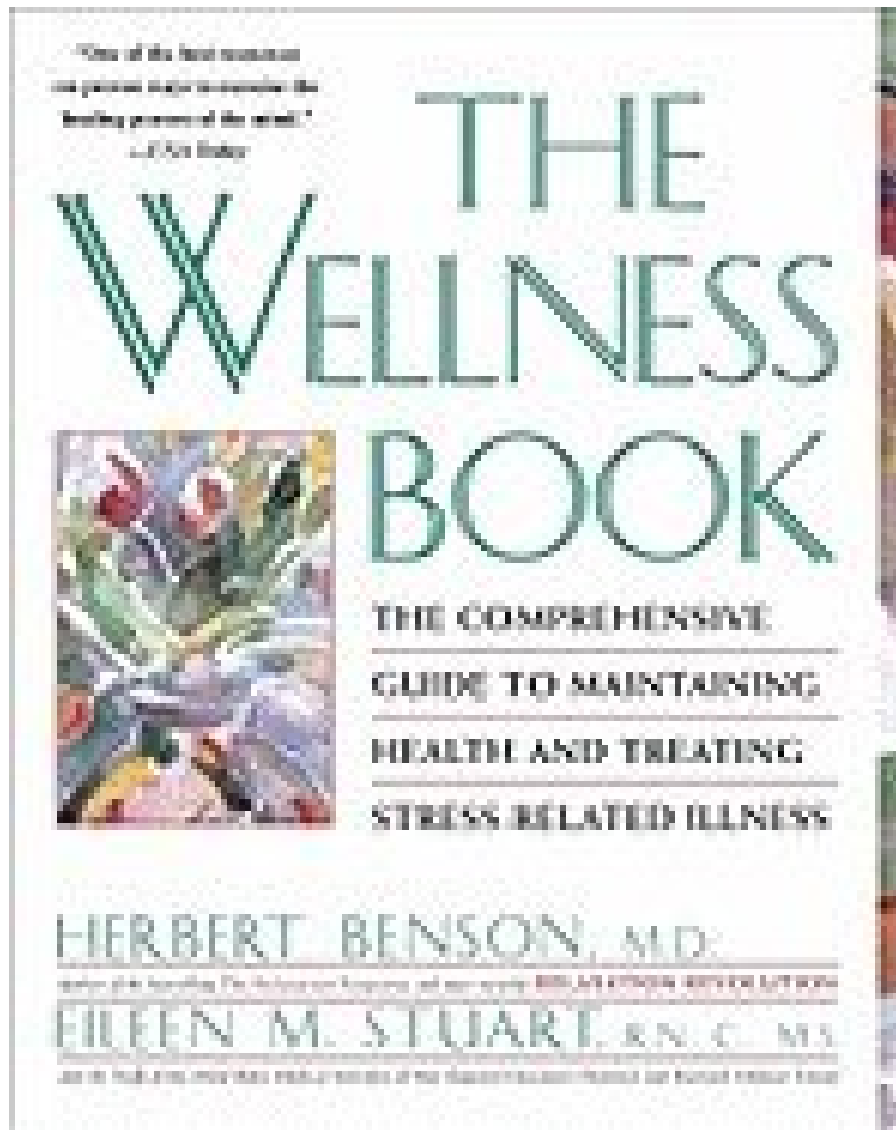


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Healthful Living

By A Customer

The Wellness Book has been extremely helpful to me and is one of the best investments I have made in myself. I first used this book 10 years ago and was able to establish some healthful living goals and actions for myself that improved my physical conditioning immensely. I continue to use it today. What I really like about this book is that it enables each reader to really focus in on their individual lifestyles, needs, and habits and develop specific, realistic, and individualized action plans for improved and healthful living. The improved physical condition that I realized as a result of focusing on a plan and actions enabled me to climb mountains in the Sierra Nevada. I have also used techniques in this book to successfully address anxiety. This week I pulled the book off of my shelf and am going at it again. I am having fun with this exercise because I can compare my "10 loves" from 10 years ago to my "10 loves" of today and put a plan in place to realize them. Many thanks to the authors for such insightful and all encompassing work. This book is as useful and current today as it was the day it was written.

11 of 12 people found the following review helpful.

Healthful Living

By Bobby Crawford

The Wellness Book has been extremely helpful to me and is one of the best investments I have made in myself. I first used this book 10 years ago and was able to establish some healthful living goals and actions for myself that improved my physical conditioning immensely. I continue to use it today. What I really like about this book is that it enables each reader to really focus in on their individual lifestyles, needs, and habits and develop specific, realistic, and individualized action plans for improved and healthful living. The improved physical condition that I realized as a result of focusing on a plan and actions enabled me to climb mountains in the Sierra Nevada. I have also used techniques in this book to successfully address anxiety. This week I pulled the book off of my shelf and am going at it again. I am having fun with this exercise because I can compare my "10 loves" from 10 years ago to my "10 loves" of today and put a plan in place to realize them. Many thanks to the authors for such insightful and all encompassing work. This book is as useful and current today as it was the day it was written.

2 of 2 people found the following review helpful.

my better health "bible"

By Desert Gypsy

As someone that has been managing a dual diagnosis of Lupus and Rheumatoid Arthritis for almost 30 years I've learned to consider and count on myself as my own best advocate for better health. I do my own research and try to balance the best of complimentary and alternative medicine with traditional "western" medicine in order to find what works best for me. This book is one of the best resources I have found to assist in finding the best path to better health. Part of that path is an awareness of what can make one healthy or less healthy; this book helps the reader investigate and track the factors that affect health in general, like for instance nutrition. A second and major focus of this book is stress and how we manage it. There is a section regarding a concept called the Relaxation Response which I have found extremely helpful in identifying and reducing stress.

Of all the books I have read about health, I buy very few, but this is one I would not be without. Highly recommended!

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