

Invitation To Holistic Health A Guide To Living A

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Invitation to Holistic Health: A Guide to Living a Balanced Life provides solid principles and proven measures to promote optimal health and well-being using a holistic approach. Divided into three parts, Strengthening Your Inner Resources, Developing Health Lifestyle Practices, and Taking Charge of Challenges to the Mind, Body, and Spirit, this easy-to-read guide it provides how-to information when dealing with a variety of health-related issues that includes, but is not limited to, nutrition, exercise, herbal remedies, and homeopathic remedies.

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