

## The Illustrated Encyclopedia of Well Being: For Mind, Body, and Spirit

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## Reviews

An incredibly great book with perfect and lucid reasons. It really is writter in straightforward words instead of confusing. I am just very easily could get a delight of reading through a written pdf. *(Curt Bogan)* 

## THE ILLUSTRATED ENCYCLOPEDIA OF WELL BEING: FOR MIND, BODY, AND SPIRIT



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Sterling Publishing Co Inc, United States, 2000. Paperback. Book Condition: New. 267 x 208 mm. Language: English . Brand New Book. Stay healthy and stay happy by taking control of your own well-being! Featuring both conventional and alternative therapies, hundreds of color illustrations, boxed entries, and extensive cross-referencing, this must-have reference is divided into nine easy-to-use sections that contain vital information on: \* Whole Body Well-Being: Caring for the internal organs, skin, immune system, ears, eyes, muscles, joints, and other body parts. \* Men s Health: Impotence, aging, hair loss, fatherhood, prostate problems, weight, testicular problems, and other male concerns. \* Women s Health: Gynecological and breast problems; menopause, contraception and fertility; pregnancy and childbirth; and more. \* Children s Well-Being: Common childhood ailments; behavioral problems, bedwetting, and hyperactivity. \* Restoring Well-Being: Coping with and recovering from illnesses ranging from depression to cancer; and ways to combat potential dangers like high cholesterol. \* Maintaining Well-Being: Facts on food safety, nutrition, supplements, and exercise. \* Lifestyles: Stress management for home and office. \* Mind, Body, and Spirit: Living life to the fullest, emotionally and physically, at any age. \* Therapeutic Well Being: Numerous forms of healing, including acupuncture, aromatherapy, herbalism, chiropractic, osteopathy, and yoga. 256 pages (all in color), 8 1/4 x 10 7/8.

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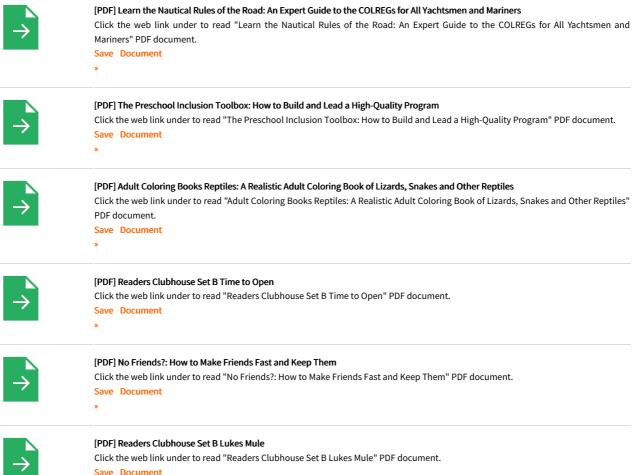
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