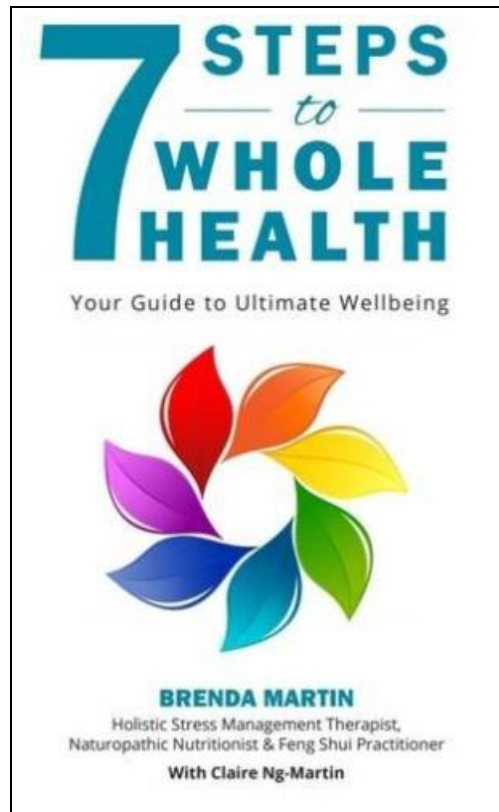


## 7 Steps to Whole Health: Your Guide to Ultimate Wellbeing



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### ***Reviews***

*A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be he best ebook for possibly.  
(Mitchell Kuhn III)*

## 7 STEPS TO WHOLE HEALTH: YOUR GUIDE TO ULTIMATE WELLBEING



Creative Corner Books. Paperback. Condition: New. 216 pages. Dimensions: 8.0in. x 5.0in. x 0.5in. This book is about making a fresh start to health, vitality and wellbeing, and boosting morale and motivation. Many people have lost their way with their nutrition and lifestyle, and their stress levels are high. More people are sicker than ever before, and doctors are overloaded and often don't have any solutions for their patients, apart from medication or surgery. Daily struggles encompass fast-paced living, trying to find a way around food abuse, the side effects of medication, the media telling us what we should or should not eat and how we must live our lives, and so on. It's overwhelming for many people and it often results in low self-esteem, poor health, stress and anxiety. This book focuses on the physical and mental make-up of a person and their day-to-day living, which can easily become unbalanced and start to affect their overall quality of life. The aim is for a profound and permanent positive change. This is what works and what lasts. Through seven steps, readers have access to techniques in stress relief, self-esteem, mindfulness and lifestyle changes. They also learn how diet can affect physical and mental wellbeing and how to make informed nutrition choices. These steps make up a complete holistic wellness programme - manageable changes that fit into daily life. They have worked for me, for my family, and for many of my students and clients. The result will be a positive change, mental and emotional uplift, fresh perspective, more motivation, and better health and wellbeing. Whenever there are off-days, bad-diet days, or a general feeling of negativity, it will be easier to get back on track quickly. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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