

## The Wellness Plan: A Guide to the DNA of Healthy Living (Paperback)

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## Reviews

*I actually started out looking at this publication. It normally is not going to cost too much. I am just happy to let you know that this is basically the finest publication i have got read through within my very own life and may be he very best publication for possibly. (Karelle Rippin)* 

## THE WELLNESS PLAN: A GUIDE TO THE DNA OF HEALTHY LIVING (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Today, we live in a sickness model where we are trained to seek quick-fixes through widely advertised medication, trendy diets, and fitness apps. Have we focused too much on the creating a one-size fits all solution? You need the wellness plan well-designed just for you. The Wellness Plan will help guide you in creating balance and harmony in your life. Currently, there are many books written on what you need to live healthy , but this book gives you practical How to strategies and you can choose different strategy to fit your unique self. You will learn that your DNA (your blueprint) to healthy living is a multi-dimensional concept of health that encompasses physical, emotional, spiritual, intellectual, social, occupational, and environmental elements. By changing your environment with compassion, mindfulness, and healthy habits, you can change your DNA to express a healthy blueprint of you. Your Way. Your Style. Your Plan. Inside you will discover the secret of balancing the 7 dimensions of wellness in your life the science behind changing the environment to change your DNA how to create your personal plan using The SMARTER Method the power of reflective writing to uncover new ideas and dreams the blueprint to optimize your financial health for good Live Your Best Well-Designed DNA.

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