



## Wellness Now! Your Personal 90-Day Plan to Bring Value, Purpose Wellness to Your Life (Paperback)

By Certified Wellness Coach Diane Randall

Lulu.com, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This workbook is filled with practical advice on not only defining what Wellness means to you, but on Making the Time for yourself, recognizing Barriers to Wellness, defining your own Values and Purposes, and on how to pull all those tools together to introduce joy, satisfaction, direction, and most important, Wellness to your life - now!.



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