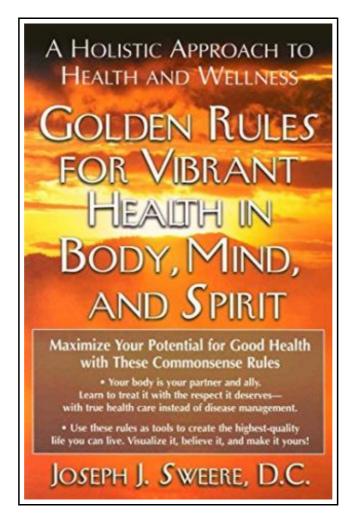
Golden Rules for Vibrant Health in Body, Mind, and Spirit A Holistic Approach to Health and Wellness



Filesize: 6.51 MB

Reviews

This publication is fantastic. We have read through and i am certain that i will planning to read yet again yet again down the road. You wont feel monotony at at any time of your respective time (that's what catalogs are for concerning when you request me).

(Alec Langosh)

GOLDEN RULES FOR VIBRANT HEALTH IN BODY, MIND, AND SPIRIT A HOLISTIC APPROACH TO HEALTH AND WELLNESS



Paperback. Book Condition: New. Paperback. The Golden Rule--doing unto others as you would have them do unto you--sets the tone for The Golden Rules for Vibrant Health in Body, Mind, and Spirit, an expansive book of commonsense rules for a healthy life. Author Dr. Joseph Sweere believes that doing unto others is fun, easy, and rewarding, but only if you are healthy. Sickness, he maintains, makes people turn inward and become more self-oriented, and chronic debilitating illness robs them of their ability to enjoy all that life has to offer them. The author says his golden rules are guidelines, not commandments, that offer practical information and tools for health-consious people who are not in optimal health, but wish to be. It is never too late, he says, to use these tools to begin pursuing improved health and the highest possible quality of life. The early chapters pertain to golden rules for a healthy body. They show how implementing these rules for eating, drinking, bathing, sleeping, and taking supplenents can maximize your potential for good health. The following chapters discuss golden rules for dealing with body problems, which include damage done by poisons in todays world, and the major contemporary diseases and conditions that rob people of a healthy life. These chapters illustrate how the golden rules can minimize or prevent these ailments. The final chapters elaborate on how the rules can help with stress management, relationships, using common sense, ergonomics, and improving attitudes and beliefs, including spirituality, prayer, forgiveness, creative visualization and imagery (what you repeatedly visualize, says Dr. Sweere, you beging to create), and living abundantly, with self-esteem and joy. Throughout this book, the author focuses on preventive health care, not disease management after a crisis has occured, and his purpose is to help you make informed choices to...

- Read Golden Rules for Vibrant Health in Body, Mind, and Spirit A Holistic Approach to Health and Wellness Online
- Download PDF Golden Rules for Vibrant Health in Body, Mind, and Spirit A Holistic Approach to Health and Wellness

Related Books



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel's System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English. Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can download...

Download eBook »



Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts

Book Condition: Brand New. Book Condition: Brand New.

Download eBook »



The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in.Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we...

Download eBook »



Games with Books: 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

Download eBook »



Games with Books: Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

Download eBook »



Trini Bee: You re Never to Small to Do Great Things

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand ******.Children s Book: Trini Bee An Early Learning - Beginner

Read eBook »



The Next Seven Years: A Guide to Help Kids Be Non-Buzzkill, Unicorn Riding, Stand Up Christian Teens.

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Ready to have The Talk with your soon-to-be Teenager? No, of course not.

Read eBook »



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How

Read eBook »



History of the Town of Sutton Massachusetts from 1704 to 1876

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This version of the History of the Town of Sutton Massachusetts

Read eBook »



A Parent s Guide to STEM

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. This lively, colorful guidebook provides everything you need to know

Read eBook »