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The Whole Person Well-being Equation

By Elisabeth Hines

Hines House Publishing. Paperback. Condition: New. 236 pages. Dimensions: 10.9in. x 8.4in. x 0.8in. The first source for a cure is often the medicine or supplement cabinet. These strategies are necessary therapeutically at times. Your body can provide the natural cures for many of your symptoms and health challenges. The human body was created with many amazing abilities and an inner pharmacy, often referred to as the doctor within. Understanding and utilizing those often misunderstood and mostly forgotten powers is crucial to well-being. Exploring ways to continually develop and maintain strength of mind and body will enable you to better endure the demands of life with grace and confidence; ultimately allowing you to stay focused on the pursuit of meaningful goals. Change and fortitude often start with a healthy dose of fear. Sometimes the fear comes through a wake up call resulting from debilitating symptoms, a diagnosis or loss of a loved one. Regardless of what brings you to your brick wall, being prepared is vital. Becoming knowledgeable about the factors affecting well-being and stocking your well-being toolbox to be ready for future health challenges, is a sensible plan. Developing a well-being plan should take the same priority as your investment,...



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