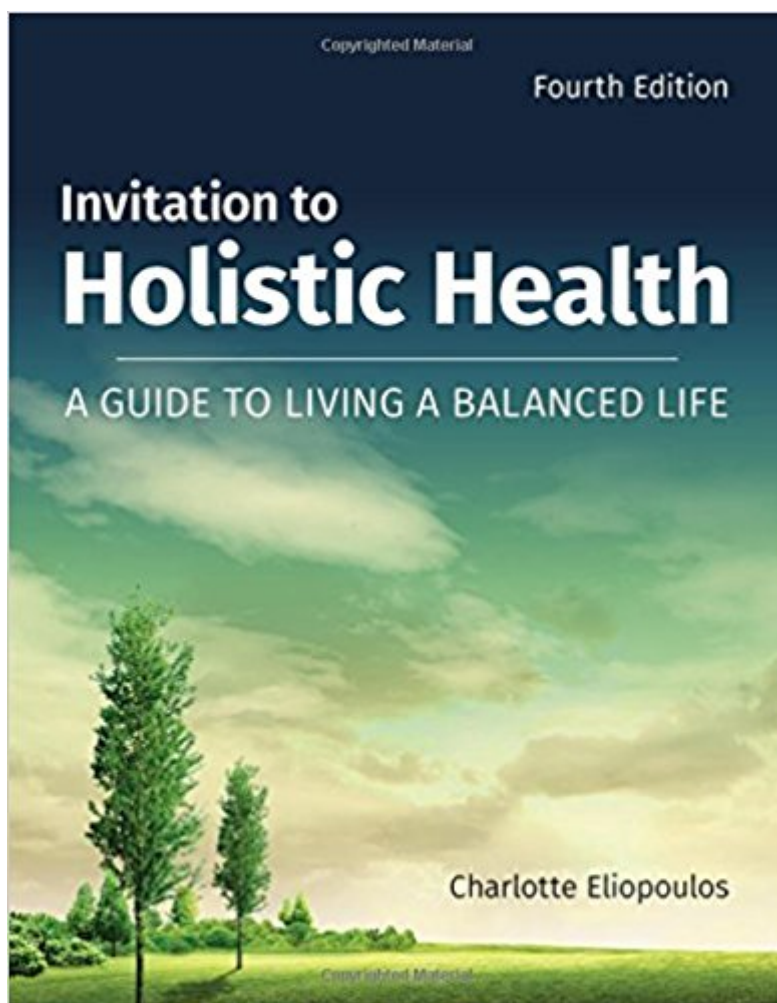


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Invitation To Holistic Health: A Guide To Living A Balanced Life



Synopsis

Invitation to Holistic Health: A Guide to Living a Balanced Life, Fourth Edition, features solid principles and proven practices to promote optimal health and well-being using a holistic approach. The text is divided into four parts: Strengthening Your Inner Resources; Developing Healthy Lifestyle Practices; Taking Charge of Challenges to the Body, Mind, and Spirit; and Safe Use of Complementary and Alternative Therapies. This easy-to-read guide provides how-to information for dealing with a variety of health-related issues, including nutrition, exercise, herbal remedies, and homeopathic remedies, to name a few. Unlike other holistic health textbooks, the Fourth Edition promotes a variety of therapies and provides evidence to support the practice of each one. New to the Fourth Edition: • Updated research related to holistic health and practices • Expanded coverage of obesity and diversity • Tips for practitioners on providing holistic care in conventional settings • Discussion around the integration of conventional medicine and alternative therapies

Book Information

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(Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) A Holistic Guide to...: Lupus (A Holistic Guide to the disorder of your choice Book 2) Invitation to Biblical Interpretation: Exploring the Hermeneutical Triad of History, Literature, and Theology (Invitation to Theological Studies Series) Invitation to Biblical Hebrew: A Beginning Grammar (Invitation to Theological Studies Series) Invitation to Biblical Preaching: Proclaiming Truth with Clarity and Relevance (Invitation to Theological Studies Series) The Addiction Formula: A holistic approach to writing captivating, memorable hit songs. With 317 proven commercial techniques and 331 examples. (Holistic Songwriting) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Holistic Nursing: A Handbook For Practice (Dossey, Holistic Nursing) The Addiction Formula: A Holistic Approach to Writing Captivating, Memorable Hit Songs. With 317 Proven Commercial Techniques & 331 Examples, incl ... "All Of Me" (Holistic Songwriting) (Volume 1) Living A Balanced Life: Applying Timeless Spiritual Teachings To Your Everyday Life Alkaline diet: Step By Step Guide to adopt Alkaline Diet immediately & Keep Your Acidity Levels balanced: A Complete List of Alkaline Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1) Perfect Digestion: The Key to Balanced Living (Perfect Health Library) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Buddhism: A Beginners Guide Book for True Self Discovery and Living a Balanced and Peaceful Life: Learn to Live in the Now and Find Peace from Within Buddhism: A Beginners Guide Book For True Self Discovery and Living a Balanced and Peaceful Life: Learn To Live In The Now and Find Peace From Within - ... - Buddha / Buddhist Books By Sam Siv 1) Optimal Living 360: Smart Decision Making for a Balanced Life Lagom: Not Too Little, Not Too Much: The Swedish Art of Living a Balanced, Happy Life Invitation to Health (with InfoTrac and Health, Fitness, and Wellness Internet Explorer)

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