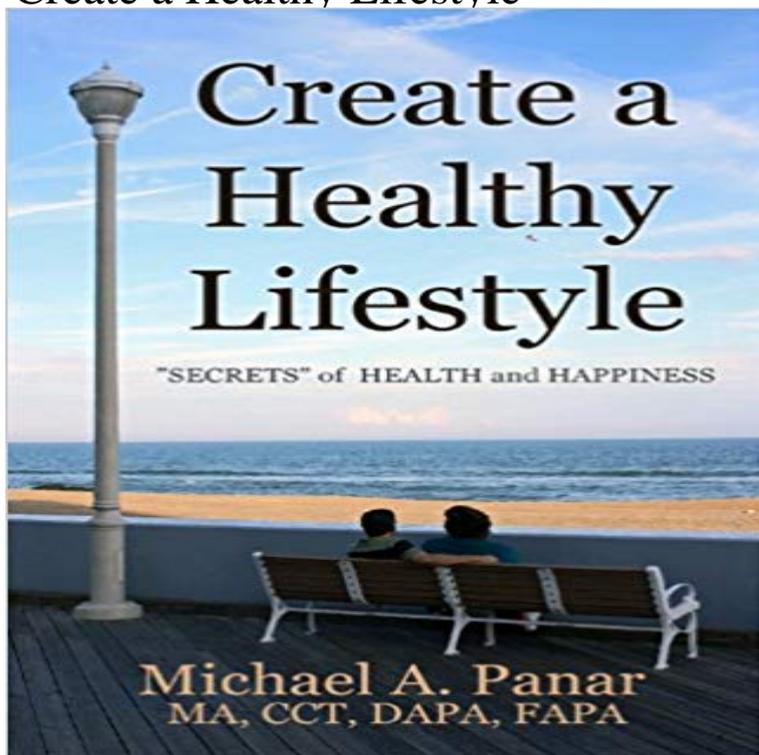


Create a Healthy Lifestyle



Create a Healthy Lifestyle will help you to achieve a healthy lifestyle in a more holistic way, involving four aspects of the human condition: physical, mental/emotional, spiritual, and social health. Cultivating all four of these dimensions will bring you closer to health and happiness. Throughout this book you will discover secrets of a healthy and happy life. A healthy life style will be within your reach. No matter where you are in life, and whatever your age or limitations, a healthy lifestyle can be yours. You will learn to enhance self, become proactive and resilient. You will master the secrets of a healthy body, mind, and spirit-as well as positive and healthy social relationships. Once you mastered the four dimensions, you will be ready to find a balance of mind, body, spirit, and the social self. A healthy lifestyle will be yours. Enjoy the journey throughout this book.

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