



Creating a Culture of Wellness A Guide to a Happier Healthier Lifestyle

By Jennifer Lee

Paperback. Book Condition: New. Paperback. 140 pages. The US Centers for Disease Control and Prevention estimates half of all deaths recorded for people sixty-five years of age or younger are the direct result of unhealthy lifestyle choices. The need to combat this epidemic of preventable mortality has encouraged an increased focus on wellness and well-being. Most wellness books, however, are actually nutrition or exercise guides. While important to overall health, diet and physical exercise are only aspects of a holistic wellness program. Other books use the term wellness to attract attention to specific diseases and emotional issues. Again, while these issues affect well-being, such books are too narrow in their scope. In *Creating a Culture of Wellness*, Dr. Victor Romano offers a multidimensional approach to well-being designed to encourage physical and mental health. He explains wellness in seven distinct dimensions: Emotional, Environmental, Intellectual, Occupational, Physical, Social, and Spiritual. Dr. Romano explains the importance of each element in an easily understood and accessible manner, helping readers develop lifestyle changes that promote a happy and healthy lifestyle. *Creating a Culture of Wellness* provides an easy-to-follow guide for individuals, students studying wellness, and organizations wishing to add a wellness program to their business...



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