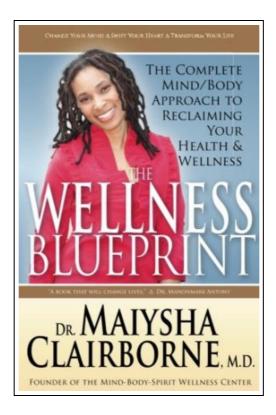
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Reviews

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THE WELLNESS BLUEPRINT: THE COMPLETE MIND/BODY APPROACH TO RECLAIMING YOUR HEALTH AND WELLNESS (PAPERBACK)



Kallisti Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Complete Plan for Reclaiming and Living a Life of Health and Wellness In this modern approach to integrative health and wellness, board certified physician Dr. Maiysha Clairborne takes it back to the basics to teach you how to integrate very simple habits into your life that will empower you to reclaim your mental, physical, and emotional well-being. The Wellness Blueprint: The Complete Mind/Body Approach to Reclaiming Your Health Wellness provides you with a complete wellness plan that has been proven to work. This intuitive and innovative wellness blueprint will shift you from being a passive recipient to an active participant in your health and well-being. Whether you suffer from an ailment or you want to preserve the health that you enjoy, join Dr. Maiysha on an inspired journey of body and mind - one that will result in you reclaiming complete control of your health and wellness. . .[I]mpressively well written, organized and presented Offering a complete and thoroughly user friendly plan for reclaiming and living a contemporary life of health and wellness; Boundaries and Balance; and Emotional Intelligence. Very highly recommended for both community and academic library Health Medicine instructional reference collections, it should be noted for personal reading lists that The Wellness Blueprint is also available in a Kindle edition (\$9.99). Midwest Book Review, Small Press Bookwatch: January 2016 FOUR out of FIVE STARS from Readers Favorite! This is thus a rather more serious study than one devoted to good health. Interesting acronyms and lively examples make reading this book rather easy and recollecting thereafter even...

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