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Living the Spiritual Principles of Health and Well-Being

By John Roger, Paul Kaye

Mandeville Press. Paperback. Book Condition: new. BRAND NEW, Living the Spiritual Principles of Health and Well-Being, John Roger, Paul Kaye, Looking at health from a holistic, multidimensional perspective, this reference seeks to provide a spiritual foundation for well-being that supplements traditional medical - and alternative-healing models. By exploring the concepts of health and disease from the inside out and breaking down the process into simple precepts that can be implemented at no cost, the guide presents techniques and practices that develop a greater awareness of the factors that impact health. An analysis of eight spiritual principles that serve as a basis for healthy living are followed by useful information regarding stress, fasting, stretching, breathing, laughter, acid and alkali balance, and the effect of sugar on the body. A 30-day health plan rounds out the discussion, equipping one with significant and meaningful steps towards health and well-being that can be maintained for life.



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