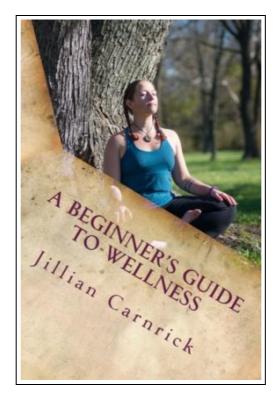
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A BEGINNER S GUIDE TO WELLNESS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. A Beginner s Guide to Wellness will walk you through learning what wellness practices work best for your body. The wellness techniques included in this book focus on observing your own body and discovering what choices you can make to develop regular health positive actions. Learn how to set goals and overcome obstacles so you are able to live in a state of wellness. Take the first step today to make more effective hydration, nutrition, movement, sleep, and stress reduction choices that best work for you. Will this book help me with my problem? I have a hard time sleeping at night: Generally, most trouble falling asleep has to do with our stress levels. This book will support you in reducing your overall stress experience. For those of you who do not have a regular sleep schedule already, this book will help you start to have a regular sleep schedule. I am often constipated: Constipation is a very common thing. When it is not due to medications, constipation is generally due to a lack of movement and ineffective nutrition. This book helps support both of these wellness practices, starting you towards more movement in your life as well as guiding you to finding what food choices you can make to change your symptoms. I have a hard time playing with my children because it hurts for me to stand for a long time: If you are not injured, adding more movement into your life can do wonders for your strength and stamina. This book looks at three beginner stages of movement so even if you sit all day right now this book can help improve your quality of live with...

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