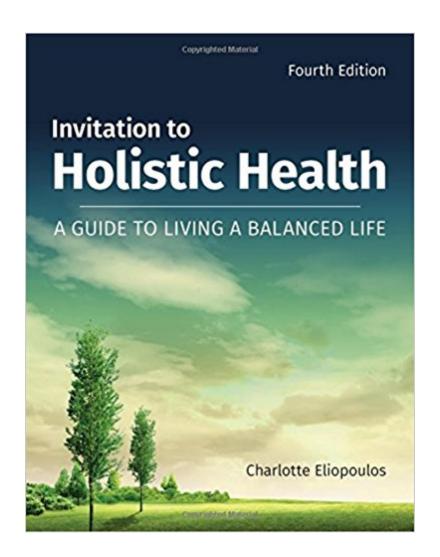


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# Invitation To Holistic Health: A Guide To Living A Balanced Life





## **Synopsis**

Invitation to Holistic Health: A Guide to Living a Balanced Life, Fourth Edition, features solid principles and proven practices to promote optimal health and well-being using a holistic approach. The text is divided into four parts: Strengthening Your Inner Resources; Developing Healthy Lifestyle Practices; Taking Charge of Challenges to the Body, Mind, and Spirit; and Safe Use of Complementary and Alternative Therapies. This easy-to-read guide provides how-to information for dealing with a variety of health-related issues, including nutrition, exercise, herbal remedies, and homeopathic remedies, to name a few. Unlike other holistic health textbooks, the Fourth Edition promotes a variety of therapies and provides evidence to support the practice of each one. New to the Fourth Edition:  $\tilde{A}\phi\hat{a}$   $\neg \hat{A}\phi$  Updated research related to holistic health and practices  $\tilde{A}\phi\hat{a}$   $\neg \hat{A}\phi$  Expanded coverage of obesity and diversity  $\tilde{A}\phi\hat{a}$   $\neg \hat{A}\phi$  Tips for practitioners on providing holistic care in conventional settings  $\tilde{A}\phi\hat{a}$   $\neg \hat{A}\phi$  Discussion around the integration of conventional medicine and alternative therapies

### **Book Information**

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