

Self-Care Reform: How to Discover Your Own Path to Good Health (Paperback)



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(Mr. Maximo Johns)

SELF-CARE REFORM: HOW TO DISCOVER YOUR OWN PATH TO GOOD HEALTH (PAPERBACK)



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.IT S UP TO YOU AMERICA! OUR HEALTH-CARE SYSTEM IS A MESS. Costs are spiraling out of control and Americans keep getting sicker and sicker. Cardiovascular disease. Hypertension. Cancer. Obesity. Depression. What s a country to do? Well the answers aren t in Washington or in a pill bottle. The answer is within yourself. SELF-CARE REFORM asks questions designed to generate purposeful re ection on your own health and wellness. It also provides tools that lead you to the life-giving and health-promoting habits you need to start and maintain a wellness program that works for you. Using these tools will help you re-frame your behaviors and will put you on your own path to good health.

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