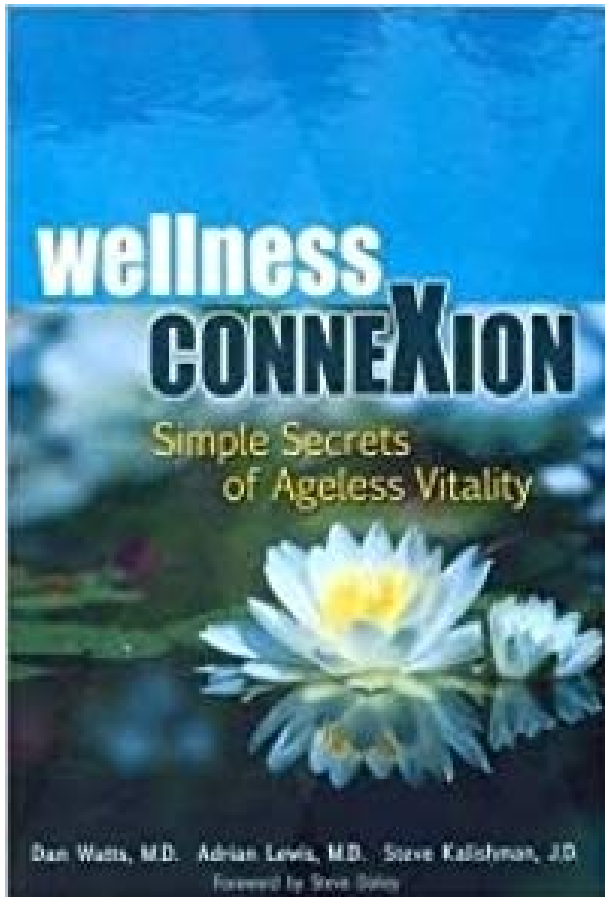


Wellness ConneXion: Simple Secrets of Ageless Vitality



ISBN13:	9780977466801
Genre:	Uncategorized
Published:	December 1st 2005 by Wellness Authors, LLC
Pages:	121
ISBN10:	0977466809
Author:	Dan Watts
Goodreads Rating:	2.00

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This book is a simple, concise and easy to apply collection of insight and direction on how to make the rest of your life the best of your life.

YOU will discover that the definition of health and wellness is not about running around the block in spandex shorts or diving into yet another celebrity-endorsed diet. Health- defined by your authors as Age Vitality- is about embracing a balanced lifestyle and monitoring simple, everyday activities that make a dynamic and noticeable difference- for good. You'll discover that good choices based on simple principles and sound, scientific fact can yield remarkable results; and that Age Vitality is not just reserved for obscure cultures that feast on mysterious forms of seaweed and water spiked with rare minerals.