



## Mind, Body, Spirit Connection: Your Pathway to Better Health

By Dr Rod Rhoades, Dr Jim McDonald

Dog Ear Publishing, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Take control of your health, longevity, and well-being Today over sixty percent of the people in our country are overweight, and we re facing a near-epidemic of obesity and diabetes. You may be asking, How can I take control of my own health? If so, this book is your answer. You ll discover how lifestyle choices lead to a long, healthy, and vibrant life. Open the book to find: The power of the mind-body-spirit connection How you can take a profoundly positive step regarding your behavior and health by shifting from a passive to a proactive approach How to increase harmony and synchronicity in your life Misconceptions about change and ways to handle the stress of change The new science of aging and staying functionally younger Exercise-induced changes that can work for you What good nutrition is and why some diets work and others don t How the synergism of combining exercise, diet, and social involvement leads to big health benefits Special chapter on women s health and special concerns Three chapters on alternative medicine and...



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