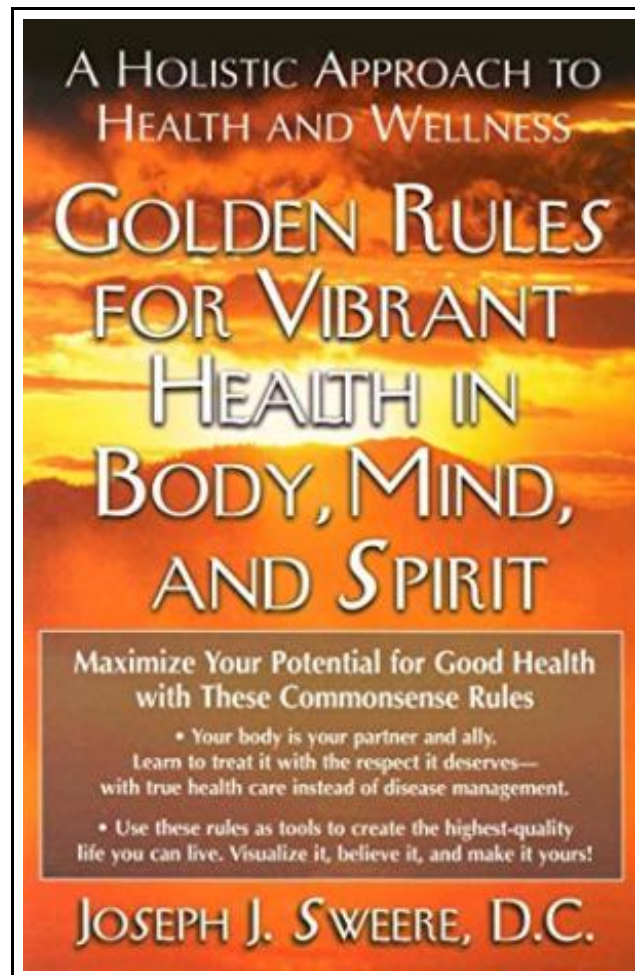


## Golden Rules for Vibrant Health in Body, Mind, and Spirit A Holistic Approach to Health and Wellness



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Paperback. Book Condition: New. Paperback. The Golden Rule--doing unto others as you would have them do unto you--sets the tone for *The Golden Rules for Vibrant Health in Body, Mind, and Spirit*, an expansive book of commonsense rules for a healthy life. Author Dr. Joseph Sweere believes that doing unto others is fun, easy, and rewarding, but only if you are healthy. Sick, he maintains, makes people turn inward and become more self-oriented, and chronic debilitating illness robs them of their ability to enjoy all that life has to offer them. The author says his golden rules are guidelines, not commandments, that offer practical information and tools for health-conscious people who are not in optimal health, but wish to be. It is never too late, he says, to use these tools to begin pursuing improved health and the highest possible quality of life. The early chapters pertain to golden rules for a healthy body. They show how implementing these rules for eating, drinking, bathing, sleeping, and taking supplements can maximize your potential for good health. The following chapters discuss golden rules for dealing with body problems, which include damage done by poisons in today's world, and the major contemporary diseases and conditions that rob people of a healthy life. These chapters illustrate how the golden rules can minimize or prevent these ailments. The final chapters elaborate on how the rules can help with stress management, relationships, using common sense, ergonomics, and improving attitudes and beliefs, including spirituality, prayer, forgiveness, creative visualization and imagery (what you repeatedly visualize, says Dr. Sweere, you begin to create), and living abundantly, with self-esteem and joy. Throughout this book, the author focuses on preventive health care, not disease management after a crisis has occurred, and his purpose is to help you make informed choices to...



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