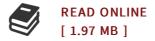




Everyday Healing: Stand Up, Take Charge, and Get Your Health Back.One Day at a Time (Paperback)

By Janette Hillis-jaffe

Career Press, United States, 2015. Paperback. Book Condition: New. 231 x 152 mm. Language: English . Brand New Book. Almost half of Americans struggle with illness--everything from heart disease, diabetes, and lupus to fibromyalgia, rheumatoid arthritis, cancer or chronic pain. More than a third of our population is obese. As a nation, we are sick--and getting sicker, but it doesn t have to be that way. Janette, who suffered with chronic illness for six years, knows how difficult it can be to get your health back. So instead of prescribing a specific treatment, diet, or exercise routine, Everyday Healing provides daily action steps to help you eliminate old habits and establish new paths to health. It offers practical guidance on overcoming healing challenges--from organizing your kitchen in order to cook healthier meals and boosting your confidence that you can heal, to having a tough conversation with an unsupportive spouse. Readers of Everyday Healing will find: Personal stories and medical studies that demonstrate the power of each daily action step. Tips to research and evaluate new treatment options effectively. Tools to manage tough emotions and create a fabulous support team. Organizing principles to routinize healthy eating, sleeping, and exercise.



Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- Dr. Kadin Hane DVM

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

-- Frank Nienow

Other Books



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. From a certified teacher and founder of an online tutoring website-a simple and effective guide for parents and students to...



History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. This version of the History of the Town of Sutton Massachusetts from 1704 to 1876 is a labor...



Chicken Licken - Read it Yourself with Ladybird: Level 2 (Paperback)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he decides he must tell the king that...



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for Kids Inside! For a very time limited...



Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...