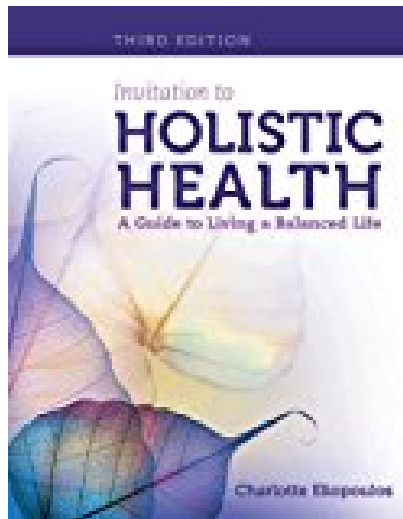


# Invitation To Holistic Health A Guide To Living A Balanced Life

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## BOOK DETAILS

- Author : Charlotte Eliopoulos
- Pages : 520 Pages
- Publisher : Jones & Bartlett Learning
- Language : English
- ISBN : 1449694217



## **BOOK SYNOPSIS**

Invitation to Holistic Health: A Guide to Living a Balanced Life, Fourth Edition, features solid principles and proven practices to promote optimal health and well-being using a holistic approach. The text is divided into four parts: Strengthening Your Inner Resources; Developing Healthy Lifestyle Practices; Taking Charge of Challenges to the Body, Mind, and Spirit; and Safe Use of Complementary and Alternative Therapies. This easy-to-read guide provides how-to information for dealing with a variety of health-related issues, including nutrition, exercise, herbal remedies, and homeopathic remedies, to name a few. Unlike other holistic health textbooks, the Fourth Edition promotes a variety of therapies and provides evidence to support the practice of each one. New to the Fourth Edition:

- Updated research related to holistic health and practices
- Expanded coverage of obesity and diversity
- Tips for practitioners on providing holistic care in conventional settings

Discussion around the integration of conventional medicine and alternative therapies

### **INVITATION TO HOLISTIC HEALTH A GUIDE TO LIVING A BALANCED LIFE**

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