



Introducing Well-Being: A Practical Guide

By Patricia Furness-Smith

Icon Books Ltd. Paperback. Book Condition: new. BRAND NEW, Introducing Well-Being: A Practical Guide, Patricia Furness-Smith, This book is full of expert, practical advice which teaches you to use the latest techniques to achieve a healthy state of mind and body. BECOME MORE ENERGIZED by adopting quality sleep patterns. OPTIMIZE MENTAL AND PHYSICAL HEALTH by harnessing your natural ability to heal. ACHIEVE CALM by learning to manage your stress levels. DISCOVER HAPPINESS AND FULFILMENT by investing in yourself and others.



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