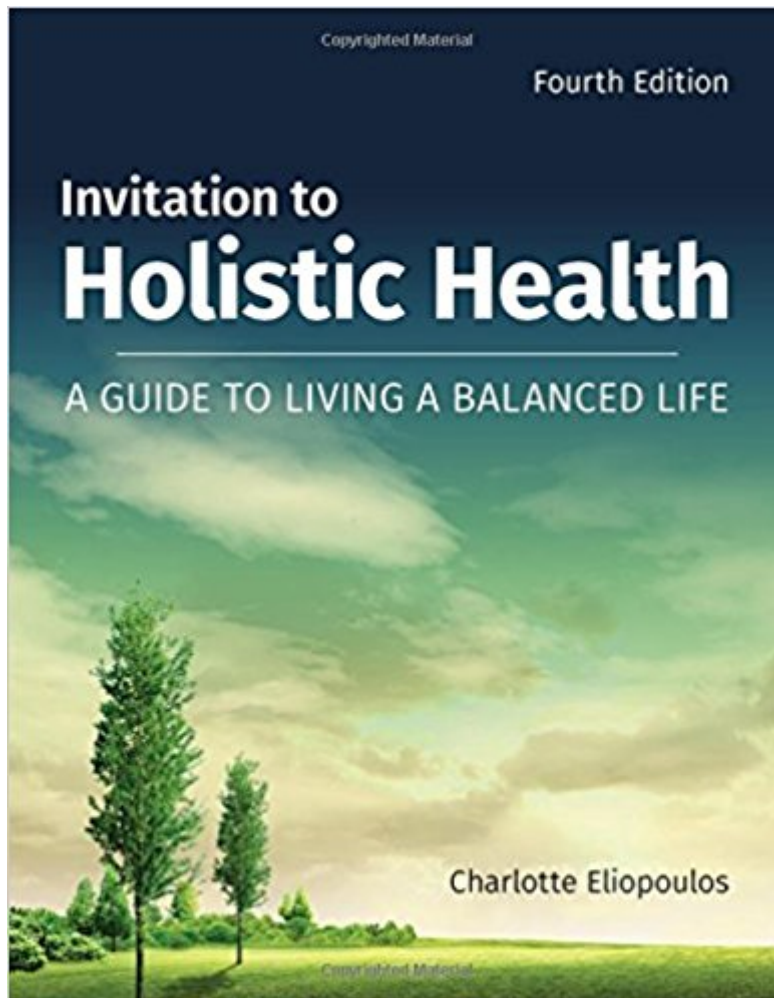




**Ebook Directory**  
the best source of ebook

The book was found

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



## 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

## Book Information

Paperback: 502 pages

Publisher: Jones & Bartlett Learning; 4 edition (February 6, 2017)

Language: English

ISBN-10: 1284105482

ISBN-13: 978-1284105483

Product Dimensions: 7 x 1.2 x 8.9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #77,565 in Books (See Top 100 in Books) #7 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Holistic Medicine #14 in Books > Health, Fitness & Dieting > Alternative Medicine > Chinese Medicine #92 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

## Customer Reviews

Very Good

[Download to continue reading...](#)

Invitation To Holistic Health: A Guide to Living a Balanced Life  
Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline: An Invitation to a Life of Spiritual Disciplines (Pocket Classics)  
Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing

(Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) A Holistic Guide to...:  
Lupus (A Holistic Guide to the disorder of your choice Book 2) Invitation to Biblical Interpretation:  
Exploring the Hermeneutical Triad of History, Literature, and Theology (Invitation to Theological  
Studies Series) Invitation to Biblical Hebrew: A Beginning Grammar (Invitation to Theological  
Studies Series) Invitation to Biblical Preaching: Proclaiming Truth with Clarity and Relevance  
(Invitation to Theological Studies Series) The Addiction Formula: A holistic approach to writing  
captivating, memorable hit songs. With 317 proven commercial techniques and 331 examples.  
(Holistic Songwriting) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis &  
Chronic Pelvic Pain[ THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING  
INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN ] by Cohan, Wendy (Author ) on Nov-09-2010  
Paperback Holistic Nursing: A Handbook For Practice (Dossey, Holistic Nursing) The Addiction  
Formula: A Holistic Approach to Writing Captivating, Memorable Hit Songs. With 317 Proven  
Commercial Techniques & 331 Examples, incl ... "All Of Me" (Holistic Songwriting) (Volume 1) Living  
A Balanced Life: Applying Timeless Spiritual Teachings To Your Everyday Life Alkaline diet: Step  
By Step Guide to adopt Alkaline Diet immediately & Keep Your Acidity Levels balanced: A Complete  
List of Alkaline Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1) Perfect Digestion: The  
Key to Balanced Living (Perfect Health Library) Health Communication: From Theory to Practice  
(J-B Public Health/Health Services Text) - Key words: health communication, public health, health  
behavior, behavior change communications Buddhism: A Beginners Guide Book for True Self  
Discovery and Living a Balanced and Peaceful Life: Learn to Live in the Now and Find Peace from  
Within Buddhism: A Beginners Guide Book For True Self Discovery and Living a Balanced and  
Peaceful Life: Learn To Live In The Now and Find Peace From Within - ... - Buddha / Buddhist  
Books By Sam Siv 1) Optimal Living 360: Smart Decision Making for a Balanced Life Lagom: Not  
Too Little, Not Too Much: The Swedish Art of Living a Balanced, Happy Life Invitation to Health  
(with InfoTrac and Health, Fitness, and Wellness Internet Explorer)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)