

# Invitation To Holistic Health A Guide To Living A

by ELIOPOULOS, CHARLOTTE

Invitation To Holistic Health A Guide To Living A

Invitation to Holistic Health: A Guide to Living a Balanced Life provides solid principles and proven measures to promote optimal health and well-being using a holistic approach. Divided into three parts, Strengthening Your Inner Resources, Developing Health Lifestyle Practices, and Taking Charge of Challenges to the Mind, Body, and Spirit, this easy-to-read guide it provides how-to information when dealing with a variety of health-related issues that includes, but is not limited to, nutrition, exercise, herbal remedies, and homeopathic remedies.

**Price:** \$34.99 (Top Price is \$150.00)

**Stock:** Plenty Of Stock

**Item Code:** INVHOHE

---

**ISBN:** 9781449694210

**Book Format:** Paperback

**Pages:** 520

**Dimensions:** H 230mm x W 175mm x D 25mm

**Weight:** 864g

---

