

THE COMPLETE  
IDIOT'S  
GUIDE

FOR  
DUMMIES



# Complete Idiots Guide To Wellness

**Alan H. Pressman, Sheila Buff**



## **Complete Idiots Guide To Wellness:**

**The Complete Idiot's Guide to Wellness** P. B. Smith, Patricia Burkhart Smith, Muriel MacFarlane, Eugene Kalnitsky, 2002 The most comprehensive introduction to achieving total health The first branded book on Wellness which is important because the topic is fairly new to people and they may be more inclined to seek out a trusted and easy to read book in order to get acquainted with the topic Although wellness is commonly discussed in terms of its three main pillars exercise nutrition and stress management almost all books currently available focus on just one or two aspects Wellness rests on three strong pillars proper nutrition regular moderate exercise and stress management As with anything balanced upon three legs if one of the legs is missing or weak the whole thing collapses If you exercise regularly but eat poorly and do nothing to manage your stress you are setting yourself up for illness If you eat right but never get up out of your recliner the same thing will happen Even if you manage to eat well and exercise four times a week the good benefits you accrue will not protect you from developing an illness if your life is full of unrelenting stress The Complete Idiot's Guide to Wellness teaches readers how to improve overall health and avoid illness by balancing these three pillars In addition to providing readers with the necessary facts in each of these three areas this book provides them with the tools necessary to proactively track their own wellness initiatives and identify when its time to get a particular check up or exam and under what circumstances to seek medical care

*The Complete Idiot's Guide to Zen Living* Gary R. McClain, Eve Adamson, 2000-11-01 Explains what Zen is and how it came to America how to practice Zen and incorporate it into daily living and the Zen approach to the world

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*Managing Stress: Principles and Strategies for Health and Well-Being* Brian Luke Seaward, 2011-07-22

**The Complete Idiot's Guide to Online Medical Resources** Joan Price, 2000 From avoiding scams to getting what you need Price provides a reader friendly trustworthy guide to finding and evaluating reliable medical information online The

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