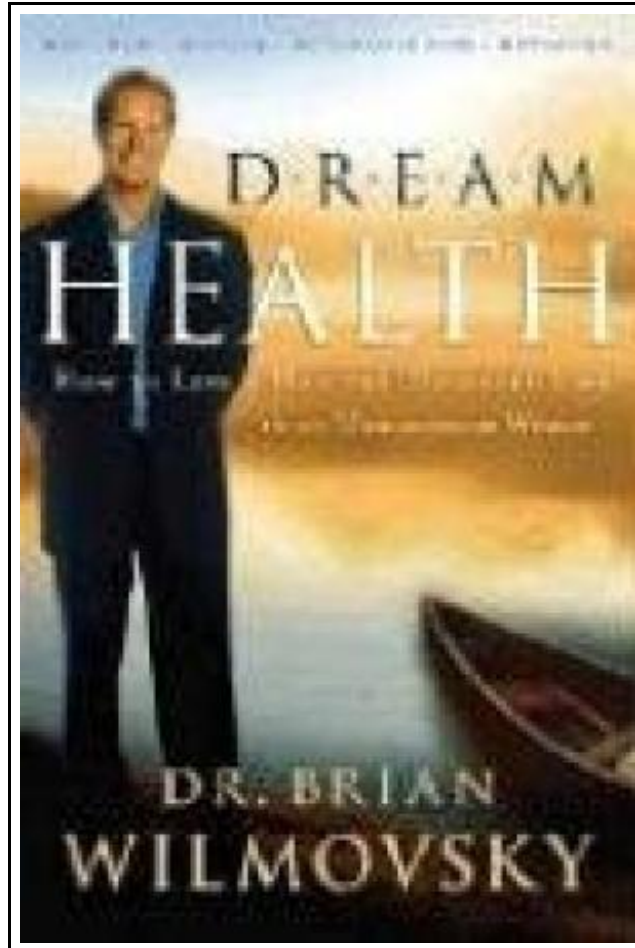


Dream Health: How to Live a Healthy, Balanced Life in an Unbalanced World (Hardback)



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(Eunice Schulist)*

DREAM HEALTH: HOW TO LIVE A HEALTHY, BALANCED LIFE IN AN UNBALANCED WORLD (HARDBACK)



Realms Fiction, United States, 2006. Hardback. Book Condition: New. 229 x 147 mm. Language: English . Brand New Book. Have you ever wondered how healing actually happens? Dr. Wilmovsky believes that the human body is endowed with an innate intelligence to heal itself when a healthy lifestyle is observed. He promotes proactive care that prevents illness from occurring in the first place. He also teaches that the potential for health lies in our ability to retrain our minds to live in the present and to turn our thinking from negative thoughts to positive thoughts. ?DREAM? is an acronym for his five principles: diet, Rest, exercise, alternative care, and motivation. Wilmovsky writes: ?We need to focus on the promotion of our health, not the recovery of our health?The wellness business is proactive. People voluntarily become customers?to feel healthier, to reduce the effects of aging, and to avoid becoming customers of the sickness business.? Brian Wilmovsky is a licensed chiropractor and wellness expert with one of the largest chiropractic clinics in Washington State. He is the winner of the Washington State Chiropractic Association s Outstanding Service Award.



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Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Alice Erclé Hunt (illustrator). Illustrated. 229 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was...

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Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 229 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read...

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DK Publishing, United States, 2002. Paperback. Book Condition: New. American.. 229 x 147 mm. Language: English . Brand New Book. Thirteen-year-old Anne Frank went into hiding from the Nazis with her family in 1942. Read...

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Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This version of the History of the Town of Sutton Massachusetts...

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Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Carol Koeller (illustrator). 221 x 147 mm. Language: English . Brand New Book. This is volume three, Reading Level 1, in a comprehensive program...

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