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Altri autori (Persone)	MillerEmmett
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Sommario/riassunto	<p>Purpose: To stimulate the development of high-level wellness through better habits of relaxation, exercise, diet, and self-awareness. To teach people to pay attention to specific aspects of mind, body, emotion, and spirit. To build motivation for improving general self-care habits.</p> <p>Recommended For: Enhancing physical, mental, emotional, and spiritual well-being; developing balance and grace. Recommended Use: Use each part one or two times each day for one week. Combine the experiences that work best. Part C will help you use the exercises more effectively and gain an understanding of the principles.</p>