

Sustainable Wellness: An Integrative Approach to Transform Your Mind, Body, and Spirit



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Genre:	Health
ISBN13:	9781601632340
Goodreads Rating:	3.67
Published:	September 21st 2012 by New Page Books
Language	English
Pages:	240
ISBN10:	1601632347

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For nearly a decade, award-winning radiation oncologist Dr. Matt Mumber and yoga instructor Heather Reed have led retreats for people facing health challenges of all kinds. Through their eight-week Sustainable Wellness program, participants have found that using simple tools consistently creates remarkable health benefits. Whether you're looking for improved physical health, better ways to manage stress, or just a greater sense of inner peace and wellness, Sustainable Wellness offers a simple but powerfully effective plan for transformation. You will learn how to: Empower yourself to reclaim your health and play a more active role in shaping it Become aware of the daily choices that affect your health and how you can transform them in a positive way Let go of destructive habits and embrace new ones that enhance wellness Sustainable Wellness: An Integrative Approach to Transform Your Mind, Body, and Spirit combines modern scientific research with ancient methods that benefit the individual on all levels.

The authors share tested techniques, personal stories of triumph, and daily exercises that will guide you on the path to sustainable wellness.