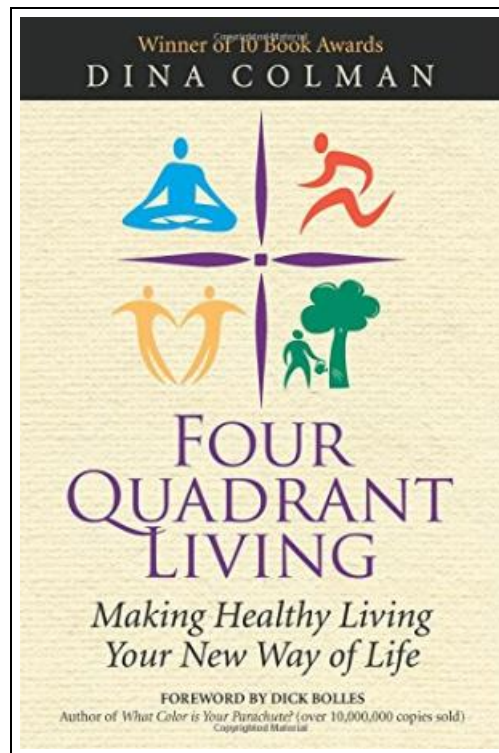


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Reviews

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(Prof. Isobel Heller MD)

FOUR QUADRANT LIVING: MAKING HEALTHY LIVING YOUR NEW WAY OF LIFE (PAPERBACK)

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Four Quadrant Media, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Guide to Creating Your New Health Destiny by Nourishing Your Mind, Body, Relationships, and Environment We may be eating well and exercising, but we cannot truly be healthy if our mind is stressed, our relationships are toxic, and our world is sick. FOUR QUADRANT LIVING provides simple, natural, and fun ways to live a healthy, happy, and energetic life. It offers a practical, balanced approach that can be used by anyone, regardless of age, previous health, or family history. Many people worry about getting cancer, diabetes, Alzheimer s disease, or heart disease because it runs in the family. This attitude encourages a passive, out-of-my-hands approach. Instead, Four Quadrant Living offers a new prescription for health-one that emphasizes positive steps readers can take to create their new health destiny. As Dina Colman writes: Every day we make choices that impact our health-the foods we eat, the products we use, the exercise we get, the stress we allow, the people we surround ourselves with, and the environment we live in. Living healthy doesn t need to be complicated. Four Quadrant Living shows readers how to take responsibility for their own health by providing logically organized and easily implemented ideas and suggestions for nourishing the four quadrants of our lives-Mind, Body, Relationships, and Environment. The book includes ways to reduce stress, live mindfully, eat well, exercise more, sleep better, engage in healthy relationships, and detoxify environments. FOUR QUADRANT LIVING guides readers to make healthy living a part of their daily lives, leading to abundant health, vitality, and happiness.



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