



Wellness Your Way

Dr. Donna Hamilton MD

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WELLNESS YOUR WAY

Have you....

- Made multiple attempts to achieve the same health goal?
- Fallen short of your objectives more times than you care to remember?
- Temporarily achieved your health goal but haven't maintained the new, healthier lifestyle?
- Yearned for a more fulfilling, satisfying life?
- Looked for something more than impersonal, cookie cutter advice about becoming healthier?
- Decided you're ready to take action to become healthier?

Then you're ready for *Wellness Your Way*, a life-changing personal wellness journey created just for you! Dynamic wellness luminary and speaker Donna L. Hamilton, MD is on a mission to help you live the healthy, satisfying life you're meant to live. She wants you to achieve optimal health in a way that fits your unique needs. Her easy, practical tips and guided journal activities will assist you with assessing the entire wellness landscape and appropriately planning your personal wellness journey.

In this book you will:

- Learn to "Pause for Wellness™"-- improving your health doesn't have to be difficult or time consuming!
- Find out what being healthy really means.
- Create a plan to reach your goals in a way that fits your unique needs.
- Explore the five wellness arenas: physical, mental, emotional, social, and spiritual.

Dr. Donna L. Hamilton will help you chart a path that makes sense for you!

Using short and sweet explanations, Dr. Hamilton shows that making gradual changes in small, consistent increments can lead to big, long lasting success.

Becoming healthier starts with clear intentions and consistent habits. *Wellness Your Way* will guide you in your journey to better well-being. Practical and easy to understand, this book offers information and guided journal exercises to assist you with identifying the most appropriate path for your journey to better wellness.

Are you ready to take a path to *Wellness Your Way*? Then let Dr. Hamilton show you how!

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Zachary Mason:

The event that you get from Wellness Your Way is the more deep you rooting the information that hide in the words the more you get thinking about reading it. It doesn't mean that this book is hard to comprehend but Wellness Your Way giving you joy feeling of reading. The article writer conveys their point in selected way that can be understood through anyone who read this because the author of this guide is well-known enough. This specific book also makes your own vocabulary increase well. Therefore it is easy to understand then can go to you, both in printed or e-book style are available. We suggest you for having that Wellness Your Way instantly.

Ned Aguayo:

Information is provisions for people to get better life, information today can get by anyone on everywhere. The information can be a expertise or any news even a huge concern. What people must be consider while those information which is inside former life are difficult to be find than now's taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you have the unstable resource then you understand it as your main information you will have huge disadvantage for you. All of those possibilities will not happen in you if you take Wellness Your Way as the daily resource information.

Donald Lee:

With this era which is the greater man or woman or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple method to have that. What you must do is just spending your time very little but quite enough to possess a look at some books. One of many books in the top listing in your reading list is Wellness Your Way. This book and that is qualified as The Hungry Hillside can get you closer in getting precious person. By looking upward and review this e-book you can get many advantages.

Irene Robertson:

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