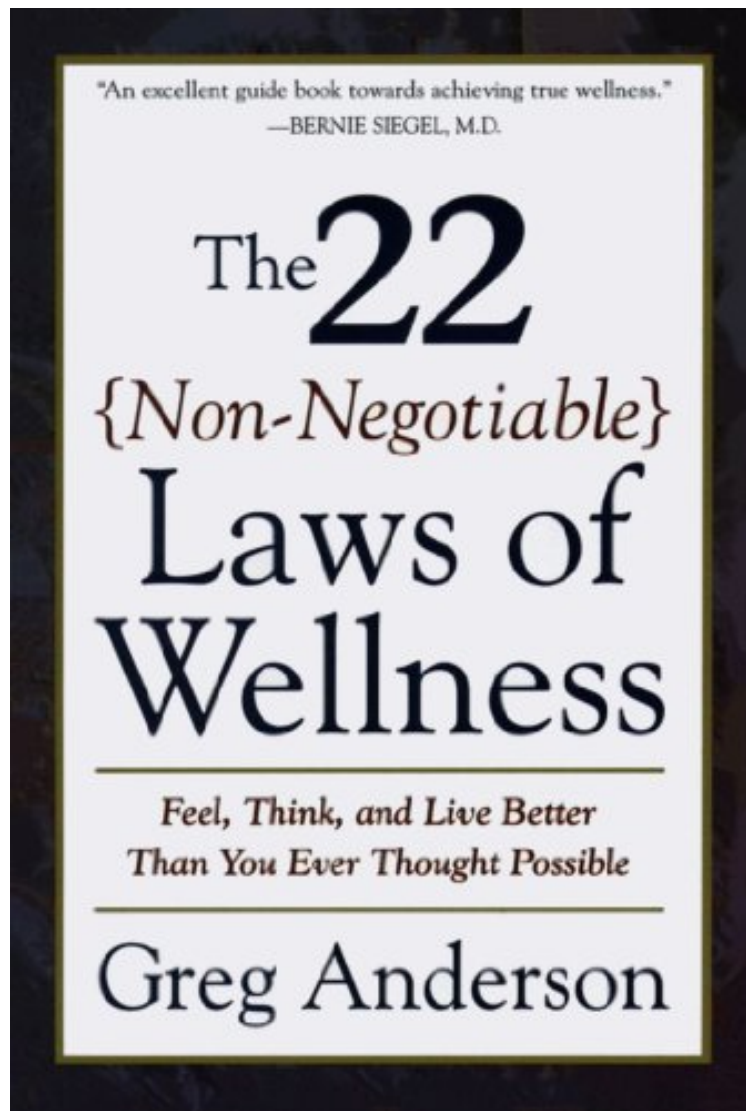


[PDF] The 22 Non-Negotiable Laws of Wellness: Feel, Think, and Live Better Than You Ever Thought Possible

The 22 Non-Negotiable Laws of Wellness: Feel, Think, and Live Better Than You Ever Thought Possible

Greg Anderson

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Everything we think, say, feel, and do has a direct impact on our physical and emotional health. And yet, we overlook this fundamental truth every day. A solution exists. The 22 Non-Negotiable Laws of Wellness advocates a holistic no-nonsense approach to health and well-being that is keenly sensitive to all facets of body, mind, and spirit. These twenty-two keys provide the definitive toolkit for achieving your own high-level wellness.

From Publishers Weekly Long-term lung cancer survivor Anderson (The Cancer Conqueror) believes that wellness and illness are not just conditions experienced by individuals but are expressions of whole persons functioning in a range of contexts: in their society, among their co-workers, with their family and friends. His holistic approach to wellness addresses attitudes and core beliefs, vocation and emotion, as well as physical habits and nutrition. The advice is sound and sometimes unexpected: "stress is to be not only expected but preferred.... The problem isn't stress, it's toxic stress." Despite the rigid connotation of the title, these "laws" are generous and encouraging, reflecting Anderson's accessible presentation of material in aphoristic, anecdotal chapters. This inspirational guide sometimes lacks subtlety, but it doesn't harangue and is filled with inspiring verbal snapshots of people whose lives have been enriched by adopting the practices and beliefs explicated here. Author tour. Copyright 1995 Reed Business Information, Inc. Can stress be good for health and medical care hazardous? Anderson presents some surprises in this advice book, which incorporates key principles by Bernie Siegel and others to present 22 simple ideas which can help prevent illness. Personal success stories tell how individuals overcame seemingly impossible odds to achieve goals. -- Midwest Book From the Publisher Bestselling author Greg Anderson's The Cancer Conqueror--256,000 copies sold!) empowering guide to total wellness offers the first succinct presentation of the basic principles followed by such popular health advocates as Bernie Siegel, Dean Ornish, and Deepak Chopra.