



## The Wellness Workbook, 3rd ed: How to Achieve Enduring Health and Vitality

By John W. Travis, Regina Sara Ryan

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For more than thirty years, John W. Travis, M.D., and Regina Sara Ryan have taught hundreds of thousands of people a practical whole-self approach to wellness and healthy living. Each chapter of the comprehensive WELLNESS WORKBOOK explores one of the twelve interconnected forms of energy that contribute to your overall health and vitality:

Self-Responsibility and Love, Breathing, Sensing, Eating, Moving, Feeling, Thinking, Playing and Working, Communicating, Sex, Finding Meaning, Transcending

From how you breathe to how you view the world, these twelve areas affect all aspects of your life: your disposition toward injury and illness, your relationships, your general level of happiness, and beyond. In an optimal state of wellness, all of your energies are in balance, and you are less prone to disease, stress, and other life-depleting factors. Using a self-assessment tool known as the Wellness Index, you'll develop a clear picture of what areas in your life need attention.

Now in its third edition, the thoroughly updated and streamlined WELLNESS WORKBOOK provides hundreds of exercises and ideas to help you take control of your health and happiness.

- A classic text in the wellness field, thoroughly revised and updated, and streamlined for a more simple and practical presentation.
- Chapters cover self-responsibility and love, breathing, sensing, eating, moving, feeling, thinking, playing and working, communicating, sex, finding meaning, and transcending.
- Previous editions have sold more than 200,000 copies.

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## **Editorial Review**

### **Review**

WELLNESS WORKBOOK integrates physical health with feeling well, which is no small task. Our emotions, attitudes, and beliefs play critical roles in wellbeing. In recognizing this fact, WELLNESS WORKBOOK offers down-to-earth practical approaches to help us enjoy our lives and our good health. If living well is your goal-and it should be-this book is a must-have.

-Dean Edell, M.D., author of *Life, Liberty, and the Pursuit of Healthiness*

"One of the great paradoxes of our high-tech age is that good health fundamentally depends on simple, practical things-things we can and must do for ourselves. WELLNESS WORKBOOK has brought home this truth to hundreds of thousands of individuals around the world. This new edition remains a clarion call for total health: wellness of body, mind, and spirit." -Larry Dossey, M.D., author of *Healing Beyond the Body and Reinventing Medicine*

"Without a doubt, WELLNESS WORKBOOK is the most valuable and useful resource on wellness ever written. It has often been said that there is, unfortunately, no manual for living-but this well-loved book comes pretty close." -Meg Jordan, Ph.D., R.N., Global Medicine Hunter® and editor and founder of American Fitness magazine

### **From the Publisher**

\* A classic text in the wellness field, thoroughly revised and updated, and streamlined for a more simple and practical presentation.

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\* Previous editions have sold more than 170,000 copies.

### **About the Author**

REGINA SARA RYAN, is a wellness consultant, editor, and a graduate advisor in religious studies and human development. She has written several books, including *No Child in My Life*, *The Woman Awake*, and *After Surgery, Illness, or Trauma*. She lives with her husband in Prescott, Arizona.

JOHN W. TRAVIS, M.D., M.P.H., founded the first wellness center in the United States 1975. He is the author of several books on wellness and cofounder of the Alliance for Transforming the Lives of Children. He lives in Victoria, Australia.

## **Users Review**

### **From reader reviews:**

**Timothy McKinney:**

As people who live in the particular modest era should be up-date about what going on or info even knowledge to make these people keep up with the era which can be always change and make progress. Some of you maybe will probably update themselves by reading books. It is a good choice to suit your needs but the problems coming to you actually is you don't know what type you should start with. This The Wellness Workbook, 3rd ed: How to Achieve Enduring Health and Vitality is our recommendation to help you keep up with the world. Why, as this book serves what you want and wish in this era.

**Cornell Warren:**

Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their family, or all their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Can be reading a book can be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the book untitled The Wellness Workbook, 3rd ed: How to Achieve Enduring Health and Vitality can be fine book to read. May be it can be best activity to you.

**Brent Henderson:**

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**Kenneth Salinas:**

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