



## Living Healthy: A Practical Guide to Your Optimal Health (Paperback)

By Michelle Brown Stephenson

Uimpact, LLC, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ultimate goal for this small book is to facilitate understanding. To give readers a working knowledge of the six components which in proper balance act as catalysts to healthy living. It is a well-known fact that most of the general population tend to be confused when it comes to the basics of fostering a healthy lifestyle. The media consistently reports the next great fad. Evidenced based practice is not consistently portrayed in the best light. In such, the foundational balance model offers the general public a simple focus point that is evidence- based modifiable behaviors, the individual can control. This book will not only provide readers with a working model that can be implemented in their daily regimens, but can be shared with their family and friends. This book will assist readers to make the transition and start the conversation to change.



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