



## Wellbeing Matters - A Personal Guide to Radiant Health and Wellbeing (Paperback)

By David Gore Graham

Integral Integrity Publishing, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Practical, Cutting Edge Guide for Physical, Mental, Emotional and Spiritual Health Wellbeing. Wellbeing Matters brings together the latest research and understanding on the most important issues affecting health and wellbeing today in practical, easy to understand terms. Investigating the four different, yet interconnected realms of the human matrix - the physical, mental, emotional as well as spiritual - it becomes clear that synergistic harmony between all of these is what provides the foundation for true, radiant health and wellbeing - at any age or disposition. David Gore Graham draws on his own transformational journey from decades of chronic physical, emotional and spiritual suffering to a picture of complete health and wellbeing today. He shares his profound understanding of the process required to heal the body, mind and spirit in this comprehensive groundbreaking step-by-step, deeply inspirational guide. Through self-revelation, up-to-date research, real-world examples, exercises and recommendations, his message is if I can do it so can you.

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