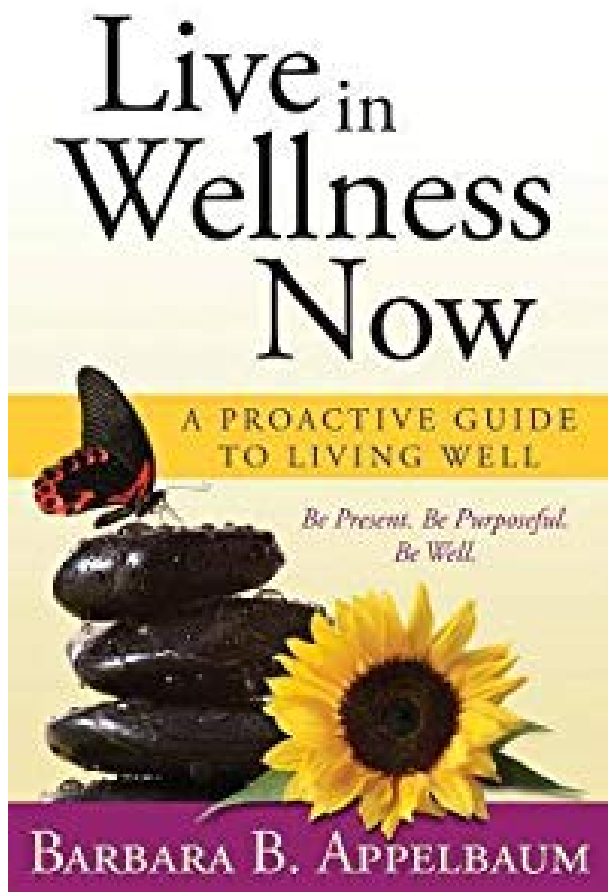


# Live in Wellness Now: A Proactive Guide to Living Well



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How often do you feel tired and stressed beyond your limit? Do you struggle to balance the demands of work and family, feeling that if something doesn't change you're simply going to break? If you have a chronic medical challenge, aging body or serious illness, your commitment to your health is even more crucial. We live in a "sick care" society; being reactionary when it comes to health. This leaves it up to you to manage your own care. Unfortunately no one teaches you how to this until now Live in Wellness Now is a specialized journal designed to alleviate your stress and empower you to improve your health. Created by certified wellness coach Barbara Appelbaum, who has experience overcoming a serious illness, this interactive and holistic book will give you support and direction so that you can: -Listen and trust your own body so that you can give it what it needs -Document and organize all your health information -Stave off age-related disease as you grow older -Communicate effectively with your health care team -Enjoy a live of wellness in spite of challenges