



Gotta Minute? the ABC s of Total Health: Practical Tips for Abundant Living (Paperback)

By Tom Massey

Robert D. Reed Publishers, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. Practical Tips for Abundant Living: The ABC s of Total Health is a sweet stroll that serves up bounteous gladness, encouragement, and rightness. Take these words of divinity to heart, paired alphabetically, one word for each week of the year. Breathe in and liberally apply their soft, smooth, and empowering wisdom. You may soon discover a heightened, enlightened balance of body, mind, and spirit. You may discover a harmonizing flow, an energizing glow. Dazzling and soothing, introspective and simulating, Practical Tips for Abundant Living affirms the power that we all possess, and always have. Who could ask for anything more? Dr Tom Massey's power book marries brain trust with heart intelligence, gracefully aligned on a clean, green highway of optimal health, wellness, and well-being. Take this journey, drink in every atmospheric aroma. At the end of the year, feel free to start anew. Just don't go too fast. Feel free to really create, assimilate. And sometimes, just play.



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