



Health and Wellness Journal

Brian Luke Seaward

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The Health and Wellness Journal Workbook is a compilation of over 75 thought-provoking and soul-searching health and wellness exercises that can be used as a supplement in any health and wellness course. Each exercise provides some background information and then asks readers to reflect by responding to specific questions related to each theme. This workbook integrates all the dimensions of wellness-balancing emotional, social, and spiritual health for total well-being and self-responsibility.

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