

Know Thyself: My Eightfold Path To Health - Trevor Waller

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My Eightfold Path to Health is your invitation to balanced health, personal growth and spiritual development. Self awareness is the key to our health on so many levels. My Eightfold Path to Health is a step-by-step guide relating my own experiences to assist with the development of personal awareness of the requirements to maintain optimal health and well-being of mind, body and spirit. Based upon eight simple steps you develop your own understanding of yourself through personal reflection. Who do you feel yourself to be? What are your beliefs and values? How is my health affected by my thoughts, my words and deeds? Does my choice of livelihood impact on my health? How much effort must I put into this process to achieve results? Why must I focus my newfound mindfulness on those issues that have come to my attention? What happens when I finish the Path? By learning about yourself and monitoring your interaction with the world around you, you are best able to satisfy your needs for a more balanced approach to spiritual, emotional, mental and physical health. Author: Waller, Trevor Publisher: Trafford Publishing Illustration: N Language: ENG Title: Know Thyself: My Eightfold Path to Health Pages: 00000 (Encrypted PDF) On Sale: 2010-07-01 SKU-13/ISBN: 9781426908637 Category: Health & Fitness : General Category: Self-Help : General Category: Psychology : General

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