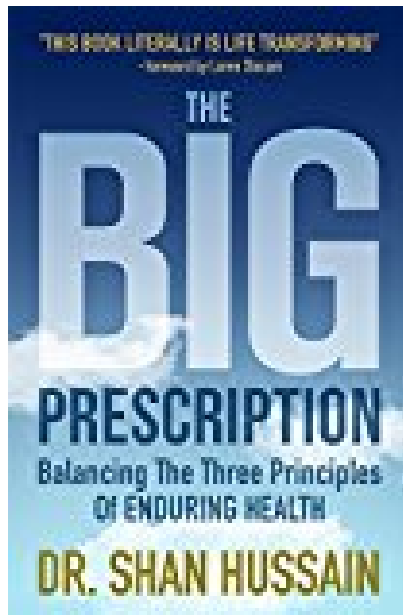


# The Big Prescription Balancing The Three Principles Of Enduring Health

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## BOOK DETAILS

- Author : Dr. Shan Hussain
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## **BOOK SYNOPSIS**

Start Your Journey to Complete Well-Being Health is so much more than the absence of disease. In fact, according to the World Health Organization, true health is defined as a state of complete physical, mental, and social well-being. How do we achieve such high levels of health? Well, there are many simple things we can do every day to improve our own health naturally, without pills, potions, or doctors. In The Big Prescription, we discover how lifestyle factors can contribute to our health and how we can easily adapt these to help: lose weight eliminate stress improve confidence and self-esteem sleep well have more energy improve relationships And so much more . . .Discover complete well-being. Discover balance."

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