



## Journey to Health: Living Well from the Inside Out (Paperback)

By Janet Mitsui Brown, Belinda Mendoza, Katherine Graham

MIA Staysko, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It is said that without health, we have nothing. We know this to be true when we become ill or incapacitated. Like the old saying, you don't know what you've got till it's gone, can apply to all things in life, but especially when it comes to our health. Health used to be defined as the state of being free from illness or injury. It was later re-defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. So, what is good health, really? In the second of an eight book series, The Wisdom Buffet Writers bring to you their latest book: Journey to Health; Living Well from the Inside Out. These eight contributing authors, all with the commonality of being Feng Shui Consultants, share with you their perception of what health means to them and how we might capture it for ourselves. We invite you to explore a collection of short stories, how-to-guidelines, and wisdom handed down from the masters; written in an easy-to-read format that can help...



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