



## Managing Your Own Health Plan A Proactive Approach To Healthy Living

By Patricia Hester Davis

AuthorHouse. Paperback. Condition: New. 244 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. Reclaim your health, vitality, and joy! Managing Your Own Health Plan is the guide you need for creating a healthier life. Patricia's intensive research and personal experiences show you how you can receive the same benefits of improved health that she discovered on her journey and to do it quickly and easily. This easy to understand guide provides you with a pathway for change toward the reward of peace, health, and happiness. Concise forms and charts for keeping medical records (1) make it easy to take charge and keep track of your own progress, (2) give you flexibility to consult with other health practitioners, and (3) help you make wise choices between alternative and conventional therapies. Ultimately, you are responsible for your own well-being. Managing Your Own Health Plan will help you to create a new path toward a better life! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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