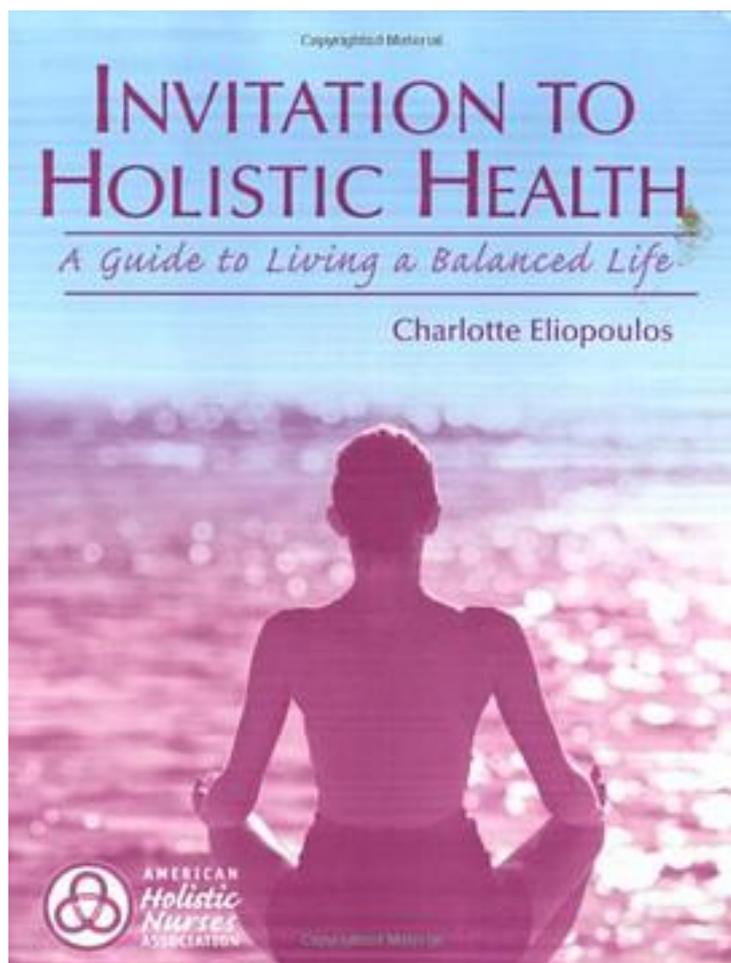


Invitation to Holistic Health



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著者:Eliopoulos, Charlotte

出版者:Jones & Bartlett Pub

出版时间:2005-1

装帧:Pap

isbn:9780763745622

2004 AJN BOOK OF THE YEAR AWARD WINNER! Invitation to Holistic Health provides solid principles and proven measures to promote optimal health and well-being using

a holistic approach. This timely and relevant resource combines holistic health theory, practical application, and the knowledge of holistic health experts in an easy-to-read style. It provides students and health care professionals with the knowledge necessary to develop a healthy mind, body, and spirit. Written by health professionals who share insights based on experience in developing and implementing holistic care, this guide will empower you to achieve your highest state of health. Four texts on spirituality by Mary Elizabeth O'Brien, SFCC, PhD, MTS, RN, FAAN, Catholic University of America

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