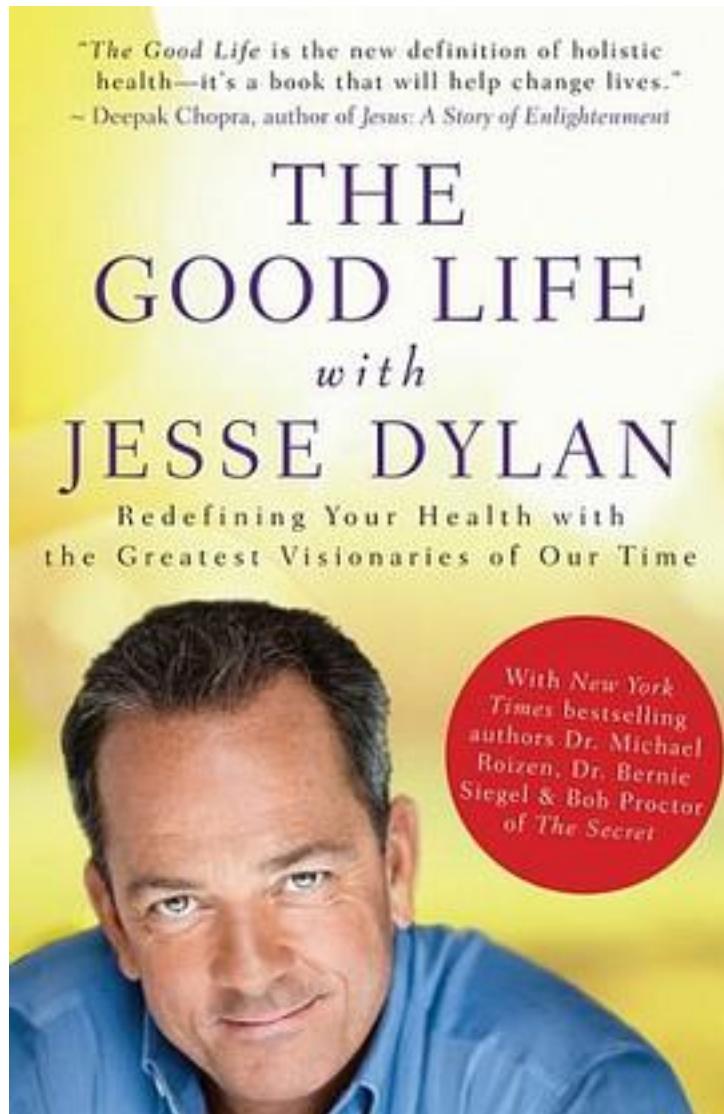


The Good Life with Jesse Dylan



[The Good Life with Jesse Dylan 下载链接1](#)

著者:Jesse Dylan

出版者:Wiley

出版时间:2009-04-13

装帧:Hardcover

isbn:9780470156940

"" Jesse Dylan has attracted the most amazing, powerful, and influential leaders in the categories that matter most. It's brilliant-people will love this book "" Leeza Gibbons, television and radio host"" "" ""The wisdom and practices in this book will usher you into a holistic way of life that supports your purpose on the planet-to flourish and glow as you deliver your talents, gifts, and skills for the benefit of all beings." " Michael Bernard Beckwith, author of " Spiritual Liberation: Fulfilling Your Soul's Potential" " " "The next generation of holistic health begins with" The Good Life Here you'll find answers to the vital question of how to unlock your deepest health potential: "The Good Life "is a sweeping, scientifically accurate roadmap written by internationally renowned experts who have gathered-for the first time-to share their vision and wisdom. " " "Dr. Bernie Siegel""Dr. Michael Roizen""Robert Moss ""Dr. Joan Borysenko""Bob Proctor ""Lynne McTaggart""Dr. Pamela Peeke ""and many more" " " A healthy and strong body, a flexible and positive mind, and a profoundly joyful spirit are key elements of health that directly affect one another. Caring for ourselves holistically-deepening and expanding our understanding of ourselves-creates a ripple effect extending past our own enrichment, healing our families, our loved ones, our communities, and beyond.

作者介绍:

目录:

[The Good Life with Jesse Dylan_下载链接1](#)

标签

评论

[The Good Life with Jesse Dylan_下载链接1](#)

书评

[The Good Life with Jesse Dylan_下载链接1](#)