

A Wellness Way of Life Loose Leaf Edition with Connect Access Card

Gwen Robbins, Debbie Powers, Sharon Burgess



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Based on solid research, *A Wellness Way of Life* makes sense of the array of the confusing and sometimes contradictory health information that bombards us everyday. The authors minimize technical jargon and present health topics and issues in a clear and accessible way. *A Wellness Way of Life* gives you accurate, up-to-date information about exercise, nutrition, stress, heart disease, weight management, and much more. Knowledge is power, and A Wellness Way of Life empowers you with the knowledge you need to make smart health decisions.

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