

**THE NATURAL WAY: THE HOLISTIC GUIDE TO TOTAL
MIND-BODY HEALTH & FITNESS**

Raymond Bari

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Cameron Diaz's The Longevity Book: 11 Things I Learned About Aging And Wellness - mindbodygreen

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The Natural Way: The Holistic Guide To Total Mind-Body Health & Fitness by Beth Horn

The Natural Way, written by national fitness champion, actress, and model Beth Horn, offers a complete guide to healthy living with eating plans.

So she wrote her second book to explore the natural process of aging, to eat and move for total wellness, with a blend of science and holistic health. So she wrote The Longevity Book for a slightly older woman than The Body Book. Here are 11 ways The Longevity Book enlightened and inspired me.

Balance mind, body, and soul in these simple ways. They're However, good health isn't just about the physical body. There are many things you can do in your daily life to achieve overall wellness. Opt for natural remedies whenever you can. With the guidance of a holistic health practitioner, herbs, the right foods, and.

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Inalaboratory,themonkswerehookeduptoafunctionalMRI,abrainscanthat people find it helpful to write down their intentions and review them each day; for others, periods of regular meditation and prayer are invaluable.