



The Complete Body, Mind, and Spirit

Nancy Allison C.M.A.



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For centuries, people have been searching for ways to live a long and healthy life with balance and harmony. "The Complete Body, Mind, and Spirit is a cross-cultural sampling of holistic techniques and methods from the worlds of health care, education, physical conditioning, self-defense, spirituality, psychology, and the arts. Each chapter was written by a certified practitioner of these disciplines.

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