



Comprehensive Health Care for Everyone: A Guide for Body, Mind, and Spirit

Thomas M. Collins

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Comprehensive Health Care for Everyone: A Guide for Body, Mind, and Spirit Thomas M. Collins
Four Books In One!

A priority system for choosing which health care approach is most useful.

An extensive Resource Guide to natural health care.

Over 350 of the best quotations on total health.

A philosophical exploration of the Web of Life

Major Principles Presented in this Book

Health is wholeness which involves our physical, psychological, economic, intellectual, social, ecological, and spiritual well-being.

All life has an inborn drive towards wholeness and unity.

Wholistic health is not some ideal state to be acquired but rather a process of dancing along the path of life.

Wholeness depends more on self-care than on professional intervention.

Symptoms should not be seen as annoyances to get rid of but rather as signals of meaning and encouragements to deeper, more comprehensive transformations in all aspects of life.

Relevant information about health helps us make wiser decisions in life.

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