

**OPTIMUM HEALING: A PRACTICAL GUIDE TO
FINDING HOLISTIC HEALTH/INNER PEACE**

Jack Rinn

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Holist Nurs Pract. People who viewed this item also viewed. PaulineWin.The design research handworksofnotelookprimarilyatsupporti A decision was made in to incorporate integrative therapies into the team-based care from the time of diagnosis throughout the trajectory of care. Integrative health coach training: a model for shifting the paradigm toward patient-centricity and meeting new national prevention goals. Schmidt S. MyLifeGoalsJournal.This process requires the individual to pause and actively cultivate intentionality and authentic caring resulting in an increased sensitivity to what is most important in our lives and work. Reflecting on the connection between the rise in chronic immune disorders and toxic environmental and lifestyle patterns, herbalist and acupuncturist Jason Elias and collaborator Katherine Ketcham looked to the 5,year-old The Yellow Emperor's Classic of Medicine to seek clues for restoring the balance of body and

mind.