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connections with the natural world **180° You Turn** Micki Woodford,2025-10-14 Christians today struggle to connect their physical health with spiritual health This devotional will provide comprehensive wellness guidance integrating scripture with exercise science nutrition stress management techniques and sleep hygiene practices We will embark on a journey that will bring us closer to total wellness in mind body and soul *Preparing For End of Life For Dummies* Virginia Chang,

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very end ***The "Wellness Planner"*** Marlena Velez,2023-07-14 Title the Wellness Planner Subtitle Self Care Journal Author Marlena Velez Edition type Calendar Planner Book and cover design by Marlena Lewis Velez Publish date July 14 2023 ISBN 978 1 312 34762 5 ***Editor & Publisher International Year Book*** ,1985 ***The Wellness Planner*** Tiara

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