

Complete Diet Health Management Workbook



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Reviews

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(Delia Schoen)

COMPLETE DIET HEALTH MANAGEMENT WORKBOOK



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Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Health is one of the greatest assets that we have, and our children and family are another of our greatest assets, and we have a responsibility to take care of their health. Without health, we cannot work or play or live. Therefore, it is imperative that we maintain our optimal health, at all times. This being said, it is not always the easiest thing to do. In order to assist you, this workbook was developed to manage your day-to-day health. Often, without a solid health maintenance plan, it is our tendency to become slack or indifferent to our health regime. Our usual lifestyle and busyness sets in, and our health takes a back seat. It is when we become sick or incapacitated that we realize how we had neglected to maintain our health, and only wish we had kept some type of management program. This workbook is designed to help you keep a record of your health on a daily basis, so that you can analyze your progress every month. Without this record, it is very difficult to see that progress; and without seeing progress, it is hard to keep yourself motivated to maintain the proper health plan. This indifference to your health drags on month to month, then year to year, until you find yourself in the hospital or taking extended time away from work, or even losing your job. Even if you do not lose your job, health affects your performance at work, which in turn affects promotions and salaries and career plans. It not only affects your work performance, but at the same time, it affects your family and your general personality. If you are...



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