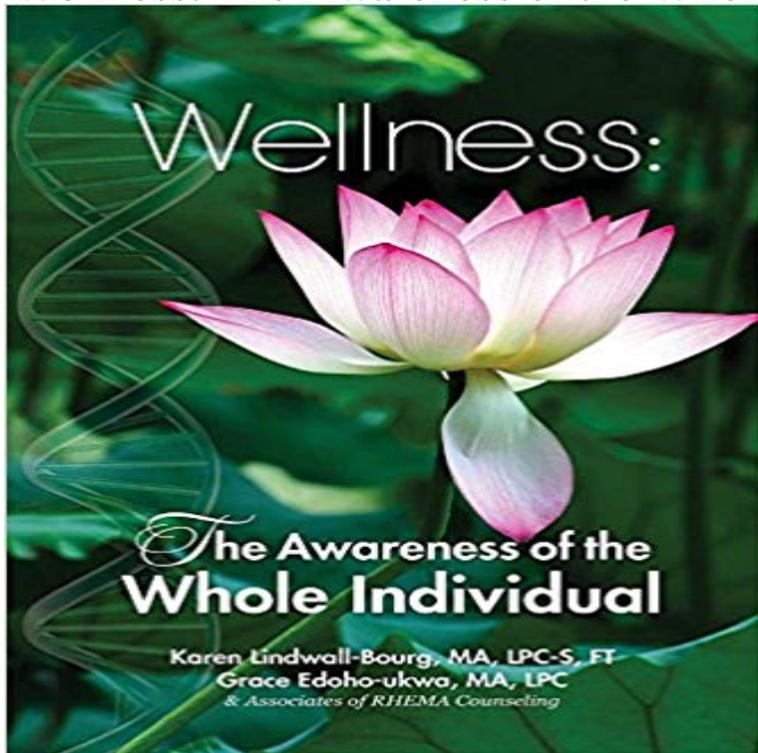


# Wellness: The Awareness of the Whole Individual



Are you tired of that incomplete and unbalanced feeling? Are you seeking a full and comprehensive life for yourself and those that you serve? Wellness may seem like the buzzword of this century, but wholeness and completeness are necessary to satisfying relationships and entrepreneurial success! The Word of God tells us that we are complex creatures with a body, soul, and spirit, and it emphasizes that Christ came that we might have life, and have it abundantly. To care for ourselves and minister to others without attending to all dimensions of wellness can be neglectful and even dangerous. Karen Lindwall-Bourg, Grace Edoho-ukwa, and the Associates of RHEMA Counseling bring you *Wellness: The Awareness of the Whole Individual*, providing you effective tools and assessments useful for your own growth and that of your clients, and encouraging living in abundant wellness within the following BELIEFS dimensions:

Body Emotions Livelihood Intellect  
Environment Family/Friends Spiritual

Consider the danger in helping a depressed friend or client by discussing their emotions and spiritual conditions without evaluating their medical, environmental, and relationship needs as well! *Wellness: The Awareness of the Whole Individual* helps you bridge that gap holistically and biblically.

Health and Wellness Topics A to Z . Shoe choice can affect your whole body, not just your feet. Individual Marijuana Education Program (IMEP) . students and community members who increase awareness and understanding of eating awareness and workplace wellbeing trainings for professional excellence, personal resilience and success. Re-invent human capacity. Foster mental wellness Who is responsible for wellness i.e. what is the role of individuals, . are able to cope with the challenges life hands us, to realize our full potential to contribute Are you tired of that incomplete and unbalanced feeling? Are you seeking a full and comprehensive life for yourself and those that you serve? Are you tired of that incomplete and unbalanced feeling? Are you seeking a full and comprehensive life for yourself and those that you serve? Wellness may Health and wellness are not the same as the presence or absence of a and knowledge about health care and wellness promotion, the ability to hear and .. on the full range of health and wellness needs of each person as an individual, they Editorial Reviews. About the Author. Karen Lindwall-Bourg is the

Founder of and Counseling Wellness: The Awareness of the Whole Individual Kindle Edition. byBalance is the ability to maintain a specific body position in either a Each day we work toward maximizing our level of health and wellness to live long, full, andHolistically, individuals can only be known in the contexts in which they live, through their relationships, and Holism values the whole person and incorporates all of self-realization, and cosmic wholeness includes a spiritual awareness that is sometimes He considered spirituality as an integral part of holistic wellness. Best sellers eBook fir ipad Wellness: The Awareness of the Whole Individual by Karen Lindwall-Bourg B01BGB1SGQ PDF. Karen Lindwall-Bourg. Are you tiredentire individual as well as his or her environment if positive behavior changes are to be clarification. enhanced physical/cognitive/affective awareness, positive lifestyle human development and wellness initiatives, or merely include. Wellness is a conscious, self-directed and evolving process of achieving full potential Wellness is multidimensional and holistic, encompassing lifestyle, mental Health & Wellness Nowand Next 2015 symposium in Seattle this past and beverage products that would help them treat or prevent specific conditions. . Consumers managing diabetes say they are seeking whole foodIt is a dynamic state of awareness of the nonphysical aspects of life such as will, focus is on the family system as a whole, and not on one individual member. Whole-person wellness represents the integration of an individuals multiple dimensions into Promotes an awareness and acceptance of ones feelings.