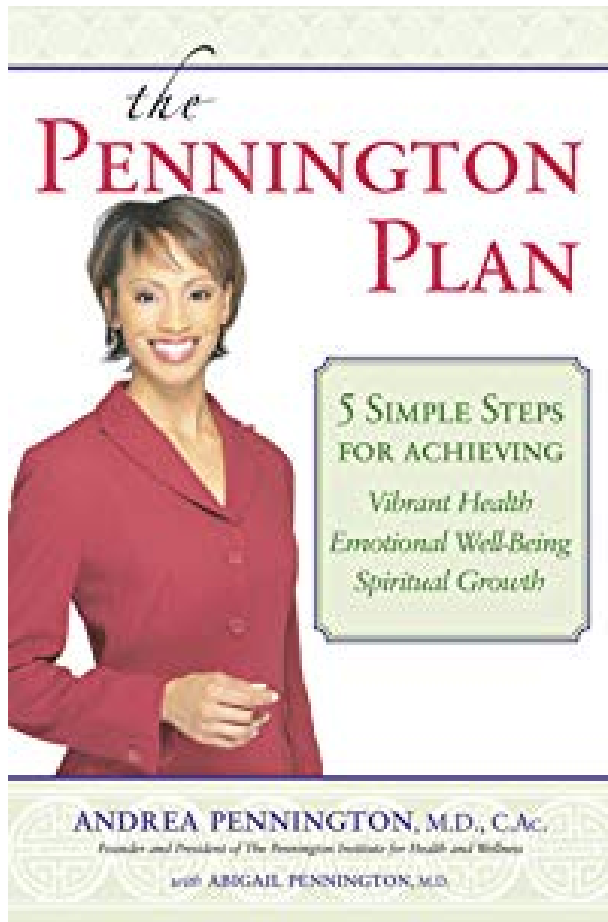


The Pennington Plan



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This empowering guide to balancing the mind, body, and spirit and achieving total wellness--not just freedom from disease--provides a program as practiced by Dr. Andrea Pennington at her wellness institute.

In her book, she lays out a practical plan to help readers feel better, overcome chronic health problems, and tap the healing power within. Dr. Pennington's plan encourages readers to: - define goals that go well beyond the issues of physical health; - find the motivation to make positive change; - design a personalized plan for achieving goals; - chart progress and stay on track; and - learn the value of celebrating success along the way.