



# Walking Toward Wellness: Twenty-One Weeks to Increased Health and Well-Being

*Sharon O'Shea*

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## **Walking Toward Wellness: Twenty-One Weeks to Increased Health and Well-Being** Sharon O'Shea

Walking Toward Wellness is a 21-week program that offers the reader information for increasing her physical, mental/emotional and spiritual well-being. The reader is also introduced to a variety of alternative healing and wellness options. Over-all wellness is a progressive, on-going process. Daily, consciously or unconsciously, we make decisions and choices, and we set priorities that impact our well-being. Today, choose to walk toward wellness.

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