

HEALTHY, WEALTHY, & WISE

A STEP-BY-STEP PLAN FOR SUCCESS THROUGH HEALTHFUL LIVING

Drawn from interviews with the heads of America's top 100 companies—including Coca-Cola, GTE, J.C. Penney, and Christian Dior—here are the self-improvement strategies for your success in health, career, and life. Includes critical motivational techniques and a "get results" HealthStyle program for nutrition, exercise, weight control, and stress management.

KRS EDSTROM, M.S.

WITH STEPHANIE NELSON

Foreword by Russ Hanlin, CEO, Sunkist Growers, Inc.

Healthy Wealthy And Wise A Step By Step Plan For Success Through Healthful Living

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Healthy Wealthy And Wise A Step By Step Plan For Success Through Healthful Living:

Decoding **Healthy Wealthy And Wise A Step By Step Plan For Success Through Healthful Living**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Healthy Wealthy And Wise A Step By Step Plan For Success Through Healthful Living**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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