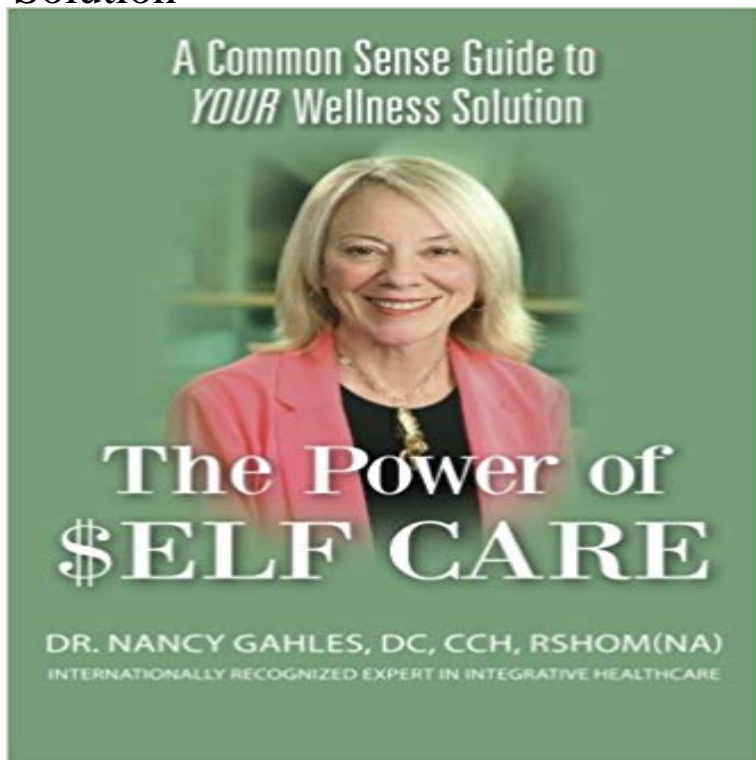


# The Power of Self Care: A Common Sense Guide to YOUR Wellness Solution



This inspiring book is a breakthrough gem that empowers you to think in a new way to understand self care as a solution to your health and wellness. Dr. Gahles, an internationally recognized expert in integrative healthcare, clearly shows you how to use a common sense action plan to achieve your wellness solution through heartfelt storytelling, video demonstrations and practical applications. Creating health and well-being is a lifestyle. Dr. Gahles, a healthcare futurist, teaches you common sense strategies to invest in an individualized wellness portfolio to realize the benefit of a premium quality of life at dramatic cost savings as the return on your investment.

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