



Minding the Whole Person

*Cultivating a Healthy
Lifestyle from Youth
through the Senior Years*

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foreword by
George H. Gallup, Jr.

Minding the Whole Person: Cultivating Minding the Whole Person: Cultivating a Healthy Lifestyle from Youth Through the Senior Years a Healthy Lifestyle from Youth Through the Senior Years

William F. Haynes Jr.

A best-selling author, Dr. William Haynes teaches us to take care of the full person--mind, body, and spirit--in the face of universal getting older problems.

Minding The Whole Person Cultivating A Healthy Lifestyle From Youth Through The Senior Years

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