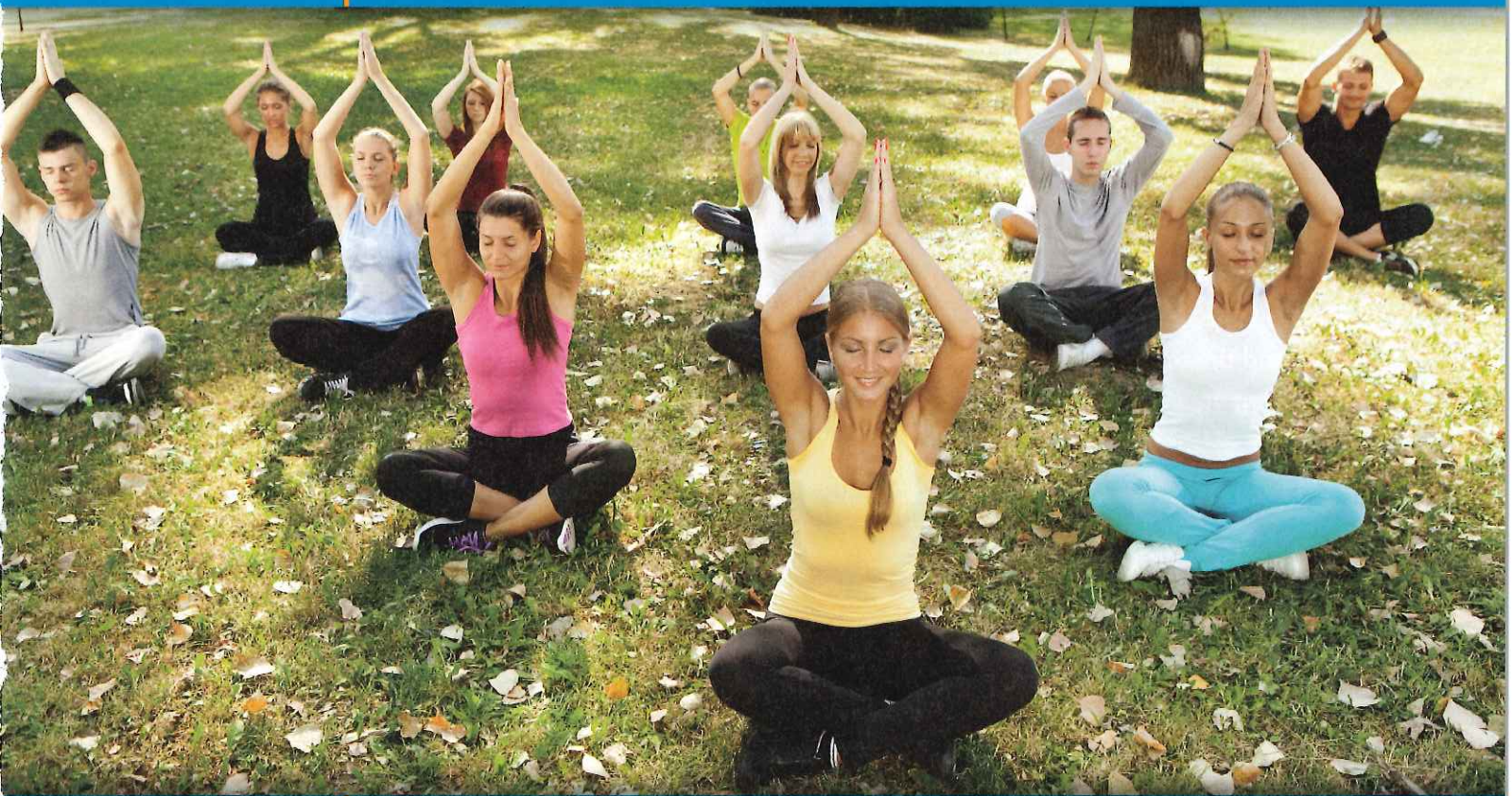


chapter fourteen

LIVE

DEVELOPING YOUR PLAN FOR WELLNESS AND PERSONAL RESPONSIBILITY



"The concept of total wellness recognizes that our every thought, word, and behavior affects our greater health and well-being." —Greg Anderson