

# BEING WHOLE



Mastering Your Physical,  
Mental and Spiritual Health

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A top-down view of a wooden desk. On the left, a silver laptop is partially visible. In the center, a white ceramic cup filled with dark coffee sits on a matching saucer. To the right of the cup are two yellow pencils with pink erasers and green bands. Further right is a piece of light green lined sticky paper. A small crumpled piece of white paper is also visible near the coffee cup. A semi-transparent dark grey rectangular box is overlaid in the center of the image, containing the word "Introduction" in white text.

# Introduction

## Introduction

If you have been feeling run down with your health physically, mentally, or spiritually, you might be wondering what you can do to get back on your feet and feel whole again. Life's troubles can lead us down different paths than what we had imagined for our lives, but that does not mean we aren't capable of making changes to make our lives better.

The main goal of being whole means you need complete control of your health and life, but how is done? It can be simpler than you think when you break it down into steps and actions you can concentrate on every day.

This eBook has been put together to concentrate on the life actions and steps you can take to being whole and becoming your true self. With this eBook, you can begin to take practical actions to achieve the life and self you have always wanted.

While this book might not have all the answers for your unique situation, you can use it as a guide to bring you through a life-altering journey. It will also help you overcome your personal demons and teach you how to rely on faith to help you through life's most difficult challenges.

A person wearing a blue long-sleeved shirt and pants, carrying a backpack, is walking away from the camera across a vast, rippled sand dune. The sand is a warm, golden-brown color, and the sky is a clear, bright blue with some light, wispy clouds. The person's path is marked by a series of footprints in the sand. The overall scene conveys a sense of journey and exploration.

One Small Step  
Can Change  
Your Life