



# **Do One Thing Feel Better/Live Better: 31 Easy Tips to Improve Physical, Emotional, Mental and Spiritual Vitality**

*Julia Scalise*

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In my fifteen years of listening to clients say they're overwhelmed with life's responsibilities and financial challenges to keep up with health and wellness goals, I compiled these thirty-one tips to serve their needs. The tips are easy, mostly cost-free, and success-proven. In this book, you will learn: nine tips for improving physical well-being eight tips for improving mental well-being seven tips for improving emotional well-being seven tips for improving spiritual well-being Improving vitality and well-being is easier and less expensive than you might expect.

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