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## True Health, the Inside Job (Paperback)

By Kat Elton

Kat Elton, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What is health? Is health found in a blood test result or x-ray? Is health the absence of disease or something else entirely? For author Kat Elton, who has lived with a chronic, painful disease since age two, true health is a way of life. It takes daily practice, diligence, and the commitment to yourself that no matter what life hands you, you will never stop trying. Throughout this book, Kat uses her personal experiences to provide valuable insights into how to be healthy. The ultimate irony is this; within the experience of illness the path to true health can be found. Illness and pain create a fierce desire to be healthy, and this desire can move mountains, one step at a time. Kat describes how qualities such as honesty, resilience, love, and connection can move you towards a healthy life whether or not you have a diagnosis of disease. In the end, true health is a choice - choosing health means listening to your inner wisdom and having the strength to follow through with what it...



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