



Creating A Healthy Life and Marriage: A Holistic Approach: Body, Mind, Emotions and Spirit

Judith Anne Desjardins

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"Winner of 16 prestigious book awards in the United States and Canada, the message of this book is one of hope and optimism that we can improve ourselves and our relationships with others.

The material in this book was gleaned from Judith Desjardins' personal journey of healing and transformation. Filled with insight into all the seasons of growth in relationships—childhood, teen years, young adult, mature adult,

Judith provides a wealth of wisdom and practical self-help tools for solving the problems encountered in relationships.

This book is for young people who are dating and struggling to find their unique identity, single adults who aspire to a committed relationship, married couples, and anyone who wants a deeper, more meaningful relationship

with themselves.

It is practical and educational, inspiring and poignant. The unique holistic approach teaches people how to achieve balance with their body, mind, emotions and spirit. There are 21 full-color illustrations and an Index. Sales Rights"



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