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IF You Are Well: Health and Wellness Tips for the Empowered Health Care Consumer

Keith Paduch

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What IF some of the money you spend on health care could become an investment for your future?

What IF you had solutions to your health problems?

What IF you woke up every day full of energy, supported by healthy relationships, empowered with the mental focus and clarity needed to create the life you imagine?

What IF you started on a journey to achieve these things today?

The tips in this book will help you build healthy habits in four key areas: psychological, physical, relationship, and financial wellness. Utilizing them will help you take small steps toward living a healthier life, as well as increase understanding of how health care choices and spending impact the health care system and affect your personal bottom line.

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