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Spirit Wellness: Four Steps to Satisfy Your Deepest Desires

Michele DeMarco Wilkie

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Everyone wants a life of total wellness: body, mind, and spirit. But until now, spirit has been, for many people, the most challenging part. But it doesn't have to be. For the first time, double heart attack survivor and scholar Michele DeMarco Wilkie, shares a powerful new set of teachings and tools for achieving *Spirit Wellness*, the missing link for total and sustainable wellness. And it is custom-made for our challenges and desires in the 21st century. Now, *anyone*, regardless of background or belief, whether you consider yourself spiritual or secular, can enjoy a lifetime of total and sustainable wellness in both good times and bad.

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