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## Soul Health: Aligning with Spirit for Radiant Living

By Ph. D. , M. S. P. H. , Katherine T. Kelly, Ph. D. , M. S. P. H.  
Katherine T. Kelly, Ph. D. , M. S. P. H. Katherine T. Kelly

BalboaPress. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. To know your soul is to know true health. Only then can you reach radiant living. Soul Health: Aligning with Spirit for Radiant Living describes how the soul is at the hub of all aspects of our health and well-being and provides the roadmap to reaching optimal healthsoul health. Our souls most natural state is that of unimpeded growth. Therefore, our souls evolution depends entirely on our willingness and ability to balance our lives in such a way that we create an unobstructed environment for its growth. In the Soul Health Model, the soul is depicted as the life force within an ever-evolving tree. Much like the growth of an actual tree, our souls evolution depends on the health of the elements available to it and only thrives when the essentials of our existence are balanced and fulfilled. The model illustrates the ten primary elements of the human condition which must be balanced in order to reach radiant health. Soul Health provides the framework for achieving balance and fulfillment in our everyday lives as well as provides the tools for our souls evolution. This...



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