



INTRODUCTION TO WELLNESS INDUSTRY

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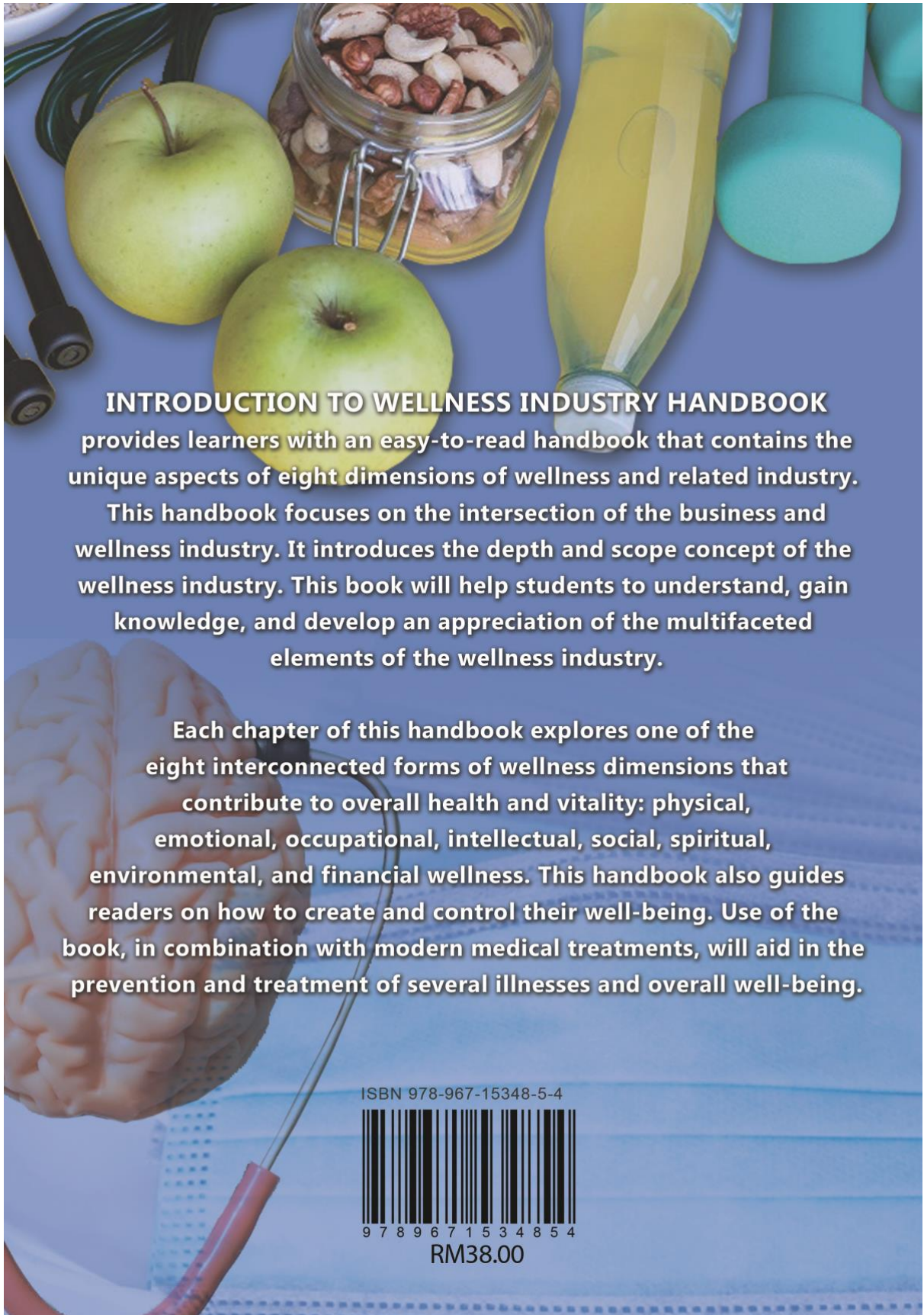
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Preface

INTRODUCTION TO WELLNESS INDUSTRY HANDBOOK provides learners with an easy-to-read handbook that contains the unique aspects of eight dimensions of wellness and related industry. This handbook focuses on the intersection of the business and wellness industry. It introduces the depth and scope concept of the wellness industry. This book will help students to understand, gain knowledge, and develop an appreciation of the multifaceted elements of the

wellness industry. Each chapter of this handbook explores one of the eight interconnected forms of wellness dimensions that contribute to overall health and vitality: physical, emotional, occupational, intellectual, social, spiritual, environmental, and financial wellness. This handbook also guides readers on how to create and control their well-being. Use of the book, in combination with modern medical treatments, will aid in the prevention and treatment of several illnesses and overall well-being.

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