



Category 98
Promotional / Informational
Material



Health Wise 4-CD Set

#540000 4-CD Set

Description: *“Taron Puri is a cross between Wayne Dyer and Deepak Chopra”*

Your health encompasses more than just the physical. Being Health-Wise means cultivating and refining your thoughts, emotions, and behaviours to experience ultimate Well-Being.

Master Life Strategist Taron Puri shares secrets, insights, and proven strategies to help you become totally Health Wise.

Disc 1 - The 4 Cornerstones of Successful Relationships

Disc 2 - The Fountain of Youth – Simple Secrets to Anti-Aging

Disc 3 - Sailing through Conflict

Disc 4 - Relax and Renew through Meditation

LEARN:

1. 4 key insights for building relationships
2. Core strategies for reframing conflict
3. Effective techniques for deeper sleep, better nutrition and increased vitality
4. How to decrease stress through meditation