



# Take Control of Your Life: With Your Lifestyle Wheel for Wellness

*Robert E Ripley PhD*

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## **Take Control of Your Life: With Your Lifestyle Wheel for Wellness** Robert E Ripley PhD

The eight Spokes of the Ripley Lifestyle Wheel for Wellness are the dominant theme to assist the reader in rolling along life's smooth and rough roads. The book covers the dramatic change in the age demographics in the U.S. and then how the Wellness approach started. This is followed by the Wellness self-assessment. Then a Wellness and Health Quadrant model is shared for the first time. This is both for the individual, the professional counselor-coach and other professional caregivers. This is an analytic and diagnostic tool for seeing where you or others are in terms of thinking, feeling, talking and acting at any point in time. Then comprehensive, fun explanations are made for each of the eight Spokes, discussing knowledge and applications for personal and professional use. Included are several other new personal assessments and practical approaches. At the conclusion is a short look at the revolutionary wellness movement impact and the trend for the future.

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