



True Wellness in the Workplace: A Superior Strategy for Maximum Health and Safety at Work (Paperback)

By Dr David Yachter

Outskirts Press, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. TRULY TRANSFORM YOUR HEALTH AT WORK AND HOME RIGHT NOW! National leading health and wellness experts Dr. David Yachter and Dr. Christopher W. Hood team up to take you through a powerful and relevant presentation of today's cutting edge wellness technologies to create instant results in your place of work and home. These results are nothing short of life changing, based on the feedback from employees, as well as employers: decreased repetitive stress and lifting injuries, less pain, fewer colds and flus, less sick days, increased energy, increased productivity, and an overall stronger team culture and community. In today's marketplace, you simply can't afford to be without this. Finally, foundational answers to your health concerns that you can take home in a wheelbarrow! Dr. David Yachter is a 1993 alumni of Life University and author of the bestselling book Born a Champion -The Master Strategy for Maximum Health and Lasting Success. As a formally trained endurance athlete, his knowledge and experience in the realm of high performance health and healing has been instrumental in generating one of the...



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