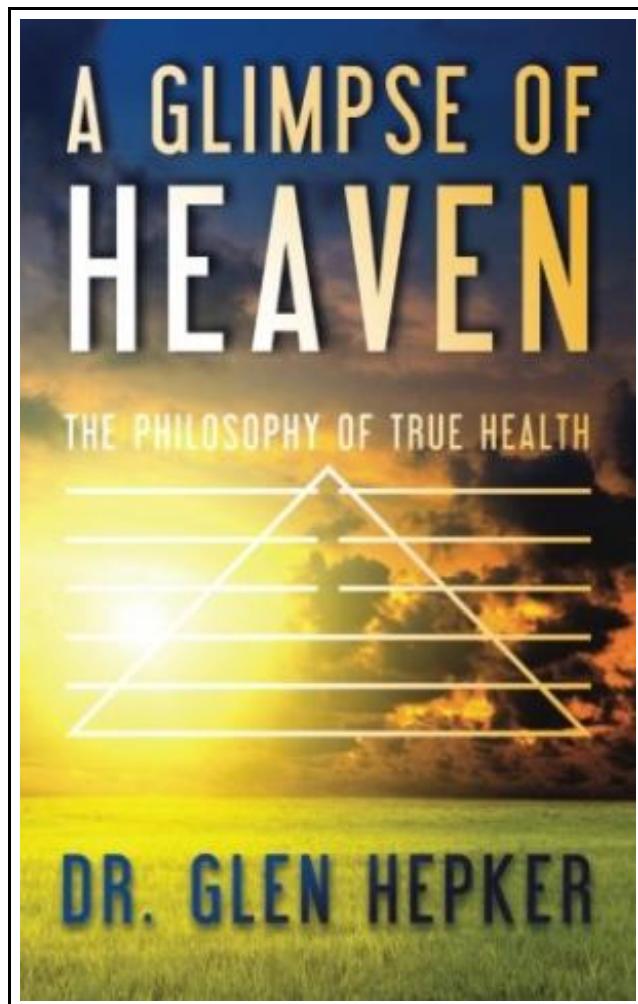


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Createspace Independent Publishing Platform, United States, 2011. Paperback. Book Condition: New. 201 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****.Dr. Glen Hepker explores the tools for promotion of True Health. Based on the age-old Bright Beautiful School of Thought, Hepker explains how the quality of our lives will be greatly enhanced once we learn to raise ourselves up by taking True Responsibility for our own health and wellbeing. Hepker guides readers through the tenets of the Bright School theory and assists the reader in realizing this level of True Health. Most especially, this health and wellness philosophy is distinguished by its remarkable, thought-provoking, and ingenious notion of coalescing ethics and morality and deeply-rooted insight/objectivity skills with conceptions of health and wellness, i.e., True Health and/or True Health through True Responsibility. It sets forth that one cannot realize True Health without the necessary and truly skilled attributes of deep insight, morality, clear objectivity - learning the True Skill of being able to look within and without (into one's internal and external environments), without fear, without preset patterns of thinking. It sets forth the importance of True Honesty - gathering a level of objective insight that introduces one to the notion of not needing anything to hide behind. Such healthful clarity is a significant aspect of what he describes as glimpses of heaven .loving bioelectric spine-tingling feelings/realizations (and nurturing the True Skill of doing so AT WILL). It sets forth the notion that one of the greatest gifts of all is that there is always room for improvement, versus the living death of stagnant plateaus. It is a serious, yet loving, compassionate, altruistic, and empathetic work. It is also lovingly passive in its tone (voice and pretense). It is not self-promoting, self-aggrandizing, or evangelistic. It...

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