

While there's no such thing as stress-free living, stress doesn't have to rear its ugly head all day, everyday, and it can be managed and minimized. Creating Wellness author Maria Alexandra Koropecky believes high levels of stress are lurking behind the scenes of many, if not all, illnesses, and managing stress is a big piece of the healthy lifestyle puzzle. Creating Wellness includes practical tips to help people like you manage stress and therefore prevent chronic illnesses from showing up in the first place. The good news is, there's still time to make small lifestyle changes today – like quitting smoking, exercising more, fueling the body with more nutritious food, getting regular massages, establishing healthy sleep habits, and speaking your truth – that will save everyone tremendous expense and suffering later. Many illnesses are preventable and being healthy means having the freedom to do whatever you want with your life. By reading Creating Wellness, you'll know the best three ways to relax, feel better, and heal your life so you can ultimately live the life of your dreams. 1. You'll learn the “S-Word” that is killing your health and how to remedy this immediately; 2. You'll learn the secret yet powerful habit that all successful health enthusiasts practice; and 3. You'll learn the most advantageous investment you can ever make that will pay off big time for the rest of your life. About the Author Maria, whose last name Koropecky means Cherry-Picker-Basket-Maker in Ukrainian, is a Wellness Coach, Esthetician, Energy Healer, Numerologist, Writer, and Owner of Homespunspa Mobile Spa in Victoria, BC, Canada. Maria has a passion for everything spa and enjoys helping people, who have a lot on their plate, relax and enjoy their lives more, through a total wellness program of mobile spa services and life coaching.

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