



Step into true wellness
at work, in life!™

RAKESH SETHI, BS, CAHP

Wellness Author, Speaker & Practitioner

True Wellness Group

(925) 895-7117

Rakesh@TrueWellnessGroup.com

Health + Happiness = Wellness

Discover Your Unique Nature and What Specifically Works for You

Introduction

Wouldn't you agree that having good health and happiness are the simplest of our desires, but achieving them often becomes the most challenging task in our lives? Perhaps you will agree with me that Health + Happiness = Wellness, and to promote wellness is both an art and a science. You, like every other individual, are unique, and so will be your path to achieving wellness. But how do you design your individualized path to wellness?

Here, the emphasis is on the word "individualized." You will find plenty of *one-size-fits-all* information out there addressing health and happiness, but none of it considers your own individuality as a unique person. All advice rendered is meant to appeal to the masses or is given based on the "average" person. Like me, you probably have never come across this so called "average" person. That is why some of the advice only works some of the time for some of the people. That is the problem with advice in the form of sweeping generalizations. Wouldn't you agree when it comes to health and happiness that one size does not fit all? It is not your fault that many things you tried did not work for you the way you had hoped. How can you heal yourself if you do not know who you are physically, emotionally, intellectually, and spiritually?

I have written this book because I know you truly want to create health and happiness in your life. You are done with generalized and statistics-based recommendations for your wellness. You want to discover what makes you unique and what specifically will work for you. You want to know proven practical strategies for promoting wellness that apply to your unique individuality. The ancient scientific natural wellness system revealed in this book will make easier your job of discovering your unique self, and it will help you to form strategies for your individualized path to wellness.



Step into true wellness
at work, in life![™]

Even if you think, “Do I really need to discover myself?” or maybe, “It is too difficult a job,” or “I doubt whether this ancient system will even work,” the six sections in *Health + Happiness = Wellness* offer the quick way to answering the questions: What makes you, “You”? What is your physical composition? What is your emotional composition? What is your mental composition? What is your spiritual (path) composition? The knowledge shared in this book will awaken the “doctor” in you. You will discover your personality strengths, weaknesses, and even disease tendencies. You will learn how to promote and maintain health not just physically, but in your whole being, and naturally. You will create happiness within, and that will result in harmonious relationships with Nature and the people around you.

You will realize how easy it is to gain and practice this self-knowledge—easier than you ever dreamed! You will be surprised by how simple it is to apply and take the guesswork out of promoting wellness in all levels of your being.

You have been waiting long enough to get started on your path to wellness. Read on and apply the unique individualized approach offered in *Health + Happiness = Wellness*. Can you afford to be without this knowledge? I didn’t think so. So let’s get started.