



the Heart of Well-being

'Many people will find something of real and lasting value in this tool-kit for well-being'

Dr David Peters,
Professor of Integrated Health,
University of Westminster

Seven
tools
for
surviving
and
thriving

A practical guide with audio CDs

Published by The Janki Foundation for Spirituality in Healthcare
and The British Holistic Medical Association

THE HEART OF WELL-BEING: SEVEN TOOLS FOR SURVIVING AND THRIVING

ISBN 978-0-9548386-2-9

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April 2016

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The Janki Foundation
for Spirituality in Healthcare
Charity no. 1063908

'The Heart of Well-being is a crystal-clear, no-nonsense, immensely practical guide that conveys the importance of managing ourselves on the four dimensions of our being – physical, mental, emotional and spiritual.'

Neville Hodgkinson, Medical Journalist



As we go through life, the challenges and changes we meet can either help us move forward, or undermine our health and resilience – often without our even noticing. The purpose of this unique guide is to discover a way not just to survive the knocks in life, but to positively thrive and enhance well-being on every level.

The Heart of Well-being is a beautifully illustrated self-help book with inspiring audio CDs to enable us to be more in touch with and responsive to how we feel – physically, emotionally, mentally and spiritually. The information, CD tracks and simple, practical exercises will help to recover, protect and improve personal well-being, in order to:

-  feel energetic and well
-  cope with worry, stress, change and loss
-  care for one's self and develop self-confidence
-  sustain good relationships with others
-  discover personal fulfilment and inner meaning

Author: Jan Alcoe

Jan Alcoe is a registered hypnotherapist, writer and trainer in holistic health and well-being. She was one of the core group that designed and wrote the training programme *Values in Healthcare: a spiritual approach* (The Janki Foundation for Spirituality in Healthcare, 2004). She is author of *Lifting Your Spirits: seven tools for coping with illness* (Janki Foundation, 2008), which she developed following treatment for cancer. In this publication, Jan continues her journey towards discovering well-being, drawing on personal experience, her work and latest research in the field.

Editor: Dr Craig Brown

Dr Craig Brown is a retired general practitioner and former chair of the British Holistic Medical Association. He is the author of *Optimum Healing* (Rider, 1998) and was one of the core group that designed and wrote the Janki Foundation's *Values in Healthcare* programme.

The Heart of Well-being Contents

Book (96 pages)

What is well-being?
 What supports our well-being?
 How 'well' do you feel?
 Tool 1 **Relax and tune in**
 Tool 2 **Use your imagination**
 Tool 3 **Think positively**
 Tool 4 **Be creative**
 Tool 5 **Lighten up**
 Tool 6 **Value yourself**
 Tool 7 **Discover peace**
 Personal plan for well-being
 Going forwards

Two CDs containing 7 tracks

The CDs provide a unique opportunity to

-  experience the essence of each tool in a multi-sensory way
-  practice using each tool
-  benefit from deep, healing relaxation

Together, the book and CDs promote well-being by helping readers discover more about themselves and their inner resources.

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