

SECTION A - The Rhyme and Reason

Chapter One: Compelling Consequences

- A. The long and short term health consequences of lifestyle choices
- B. The effectiveness of behavior change on health

Chapter Two: Self-Responsibility for Health

- A. A brief history of health care cost reimbursement and health insurance
- B. Choosing active wellness rather than disease avoidance

Chapter Three: The Keys to Success

- A. An overview of behavior change theories
- B. Tips and tricks to promote behavior change

SECTION B - The Shared Paths of Wellness

Chapter Four: The Six Paths

- A. The Self
 - 1. Mind - intellectual challenge and psychological health
 - 2. Body - physical health
 - 3. Spirit - spiritual health and the human spirit
- B. The Self Interacting
 - 4. Workplace - occupational and campus health
 - 5. Environment - home, town, country and world
 - 6. Community - social and relationship health

Chapter Five: The Interconnectedness of the Six Paths

- A. The shared elements of mind, body and spirit
- B. The shared elements of community, mind, body and spirit
- C. The shared elements of workplace, environment, mind and body

SECTION C - Behavior Change

Chapter Six: Behavior Change Techniques

- A. Learn how to leverage your natural personality type
- B. Techniques to help you harness the power of belief (the placebo effect)
- C. Methods to transform your inner critic into a cheerleader
- D. Goal setting and self-assessment tools
- E. Tips and tricks to get you started and keep you going

Chapter Seven: Self-Assessment

- A. Where are you on each paths
- B. Ranking the paths from easiest to most difficult for you
- C. Laboratory and psychological assessment tools

Chapter Eight: Overcoming Obstacles

- A. A collection of free and low cost wellness resources
- B. The emergency plan: a collection of "pep talks" to counter your IFs and BUTs

SECTION D - The Individual Wellness Paths

Chapter Nine: Mind

- A. Intellectual Challenge
 - 1. Disuse and aging (senility / dementia)
 - 2. Supplements to enhance thinking (myths and science)
 - 3. The basics of learning disabilities
 - 4. The multi-path value of creativity and hobbies
- B. Psychological / Emotional Health
 - 1. Self esteem
 - 2. Values, beliefs, self-knowledge and self-awareness
 - 3. Emotional intimacy
 - 4. Stress, relaxation and laughter
 - 5. Anger management and violence prevention
 - 6. Substance use and abuse
 - 7. Depression, suicidal thoughts and suicide
 - 8. Common diseases and conditions

Chapter Ten: Body

- A. Fitness
 - 1. Body types, composition, weight and metabolism
 - 2. Strength, flexibility, aerobic capacity
 - 3. Skills
- C. Nutrition / Diet
 - 1. Disease prevention
 - 2. Vitamins, minerals, micro-nutrients and supplements
 - 3. Fad diets
 - 4. Foods quality
 - 5. Food safety / contamination
 - 6. Nutrition-related diseases
- D. Sleep
 - 1. Sleep and mental / physical health
 - 2. Common sleep disorders
- E. Sexuality
 - 1. Role in mental health and self-esteem
 - 2. Birth control
 - 3. Sexually transmitted diseases
 - 4. Rape (including date rape)
- F. Dental health
 - 1. Tooth preservation
 - 2. Oral disease prevention
- E. Communicable and preventable infectious diseases
 - 1. Immunizations
 - 2. Common early adulthood and adulthood diseases

Chapter Eleven: Spirit

- A. Altruism / Charity
- B. Intuition / Higher Self
- C. Personal Spirituality
- D. Organized Religion and Religious Tolerance
- E. Prayer and Health
- F. Hope & Faith
- G. Life Purpose

Chapter Twelve: Community

- A. Social support and health
- B. Racism, sexual harassment, gender/ethnic/racial discrimination and health

SECTION D - The Individual Wellness Paths (continued)

Chapter Thirteen: Workplace / School

- A. Physical safety and chemical exposures
- B. Indoor air quality
- C. Ergonomics and repetitive trauma injuries
- D. Career Planning
- E. Job Satisfaction

Chapter Fourteen: Environment

- A. The health benefits of a clean environment
- B. Energy conservation (lights, electricity, gasoline, water, etc.)
- C. Infectious disease control
- D. Cancer clusters
- E. Bioterrorism
- F. Cleanliness, beauty and esthetics
- G. Physical safety

Chapter Fifteen: Health Care

- A. Self-Care
 - 1. Self diagnosis
 - 2. Use and misuse of prescription and over-the-counter drugs
 - 3. Complementary and alternative medicine (CAM)
- B. Secondary prevention (screening / early detection)
 - 1. Laboratory and radiological tests
 - 2. Depression / mental health screening questionnaires
 - 3. Cancer (breast, testicular, cervical, skin, colon)
 - 4. Diabetes and metabolic syndrome
 - 5. Cardiovascular diseases
 - 6. Body image and eating disorders
 - 7. Substance abuse and addiction
 - 8. Personality disorders
- C. Access to health care
 - 1. Health care reimbursement systems
 - a. Insurance plans
 - b. HMOs and PPOs
 - c. Health benefits pre-tax accounts
 - 2. Selecting a provider

SECTION E - Resources

Chapter Sixteen: Useful Information

- A. FDA drug and device approval processes
- B. Regulation of nutraceutical products and cosmetics
- C. Brief Overview of complementary/alternative medicine modality categories
- D. The A-Zs of health care fraud
- B. Peer-reviewed scientific evidence, clinical research, and patient testimonials
- F. Recommended readings
- G. Internet sites - the good, the bad and the ugly