

DR. AARON GILLESPIE

LIVING CORE LIFE

from the
INSIDE OUT

Healthy Living Made Simple

*Five secrets to Living a Healthy, Happy
and Empowered Life*

FEAR
NEGATIVITY
POOR DIET
SEDENTARY
LACK OF SLEEP
STRESS
UNHEALTHY SPINE
LACK OF RESPONSIBILITY
BAD RELATIONSHIPS
LACK OF PURPOSE

SLEEP
EXERCISE
NUTRITION
LAUGHTER
POSITIVITY
PURPOSE
HEALTHY SPINE
GREAT RELATIONSHIPS
RELAXATION
PERSONAL RESPONSIBILITY

LIFE CHOICES

Five Secrets Of Living

Michael Rajnik



Five Secrets Of Living:

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