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[Detosil](#) I admit Toffler did not capitalize "R-E-A-L," the four letters that I've come to believe represent the simplest qualities of the wellness concept, however the quote is real, nevertheless. He did write that. It looks a fitting way to lift the topic of defining wellness and, additional vital, assessing what it should entail.



There is no single, universally accepted definition of wellness, not even amongst those few who advertise professionally or live in a very manner considered wellness-friendly. Fine. There is no potentate who could do such a issue. Instead, we have several definitions. First, there is my definition, that is the simplest, absolutely HUGE and ought to be accepted by everyone. While I am critical displays of the Decalogue on courthouse steps or other government spaces, I cannot see any damage in having tasteful plaques of my REAL wellness definition in such public squares, along with churches, for that matter. Who would object?





REAL wellness addresses reason, exuberance, athleticism and liberty. Inside these dimensions are the five components of well-being that Gallup measures annually: life purpose, social engagement, monetary security, sense of community and physical health. REAL wellness also encompasses several different elements that factor into quality of life. According to the most recent Gallup poll assessment, if you live in America, best to measure in Hawaii, #one, not West Virginia, #fifty. Alas, most who live in the latter do not have a lot of choice - they have to struggle upstream toward wellness, while not a highly supportive environmental tide.

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