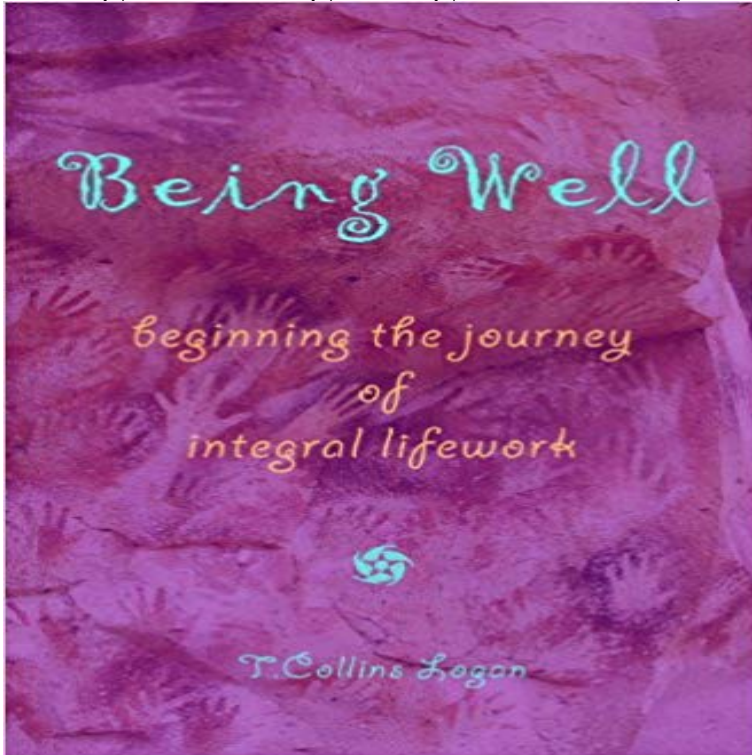


## Being Well: Beginning the Journey of Integral Lifework



Being Well offers a playful way to approach healing and personal growth. Each chapter describes a different part of us, represented as a distinct personality - a dimension of self within - who is just trying to be happy and whole, and who wants to get along with the other members of our inner family. Through understanding these unique personalities, and learning how to interact with them and nurture each one of them, we can encourage inner harmony and joy that spills over into our daily lives. In a way, its a lot like learning how to be a loving parent...we are just learning how to parent our own needs, wants and essential nourishment in ways that strengthen all that we are, and all that we want to be.

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