



Being Well: Beginning the Journey of Integral Lifework

T.Collins Logan

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What sets *Being Well* apart from many other approaches to wellness is its focus on the whole person. There are the traditional physical, emotional and mental aspects of well-being to be found here, but there are also things like having a sense of purpose, creating a supportive community, and encouraging inner spiritual vitality. In simple, straightforward language, T.Collins Logan describes a total of twelve dimensions that require our attention and care, and how to begin caring for them in loving and effective ways. *Being Well* then offers a path to a harmonious unity – a way for all of these dimensions to relate to each other and thrive. But perhaps most importantly, T.Collins does not confine well-being to personal health and happiness, but describes it as part of a much larger vision. This vision includes the healing, growth and transformation of our relationships, our community and society as a whole. All of this is achieved with tools and habits anyone can learn, and relies on the strength and potential everyone has within.

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