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**Total Fitness And Wellness 8th Edition**

Ultimately, wellness is much more than a universal approach, as everyone has their own definition of being “well.” Cohesively, wellness is an active, unique, and dynamic process of change and growth to reach one’s fullest potential and is comprised of eight different components. The 8 Components of Wellness (And Personal Wellness Tips)

**8 Components of Personal Wellness | On The Table**

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