



# the Heart of Well-being

'Many people will find something of real and lasting value in this tool-kit for well-being'

Dr David Peters,  
Professor of Integrated Health,  
University of Westminster

Seven  
tools  
for  
surviving  
and  
thriving

A practical guide with audio CDs

Published by The Janki Foundation for Global Health Care  
and The British Holistic Medical Association

THE HEART OF WELL-BEING: SEVEN TOOLS FOR SURVIVING AND THRIVING

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*'The Heart of Well-being is a crystal-clear, no-nonsense, immensely practical guide that conveys the importance of managing ourselves on the four dimensions of our being – physical, mental, emotional and spiritual.'*

Neville Hodgkinson, Medical Journalist



As we go through life, the challenges and changes we meet can either help us move forward, or undermine our health and resilience – often without our even noticing. The purpose of this unique guide is to discover a way not just to survive the knocks in life, but to positively thrive and enhance well-being on every level.

*The Heart of Well-being* is a beautifully illustrated self-help book with inspiring audio CDs to enable us to be more in touch with and responsive to how we feel – physically, emotionally, mentally and spiritually. The information, CD tracks and simple, practical exercises will help to recover, protect and improve personal well-being, in order to:

-  feel energetic and well
-  cope with worry, stress, change and loss
-  care for one's self and develop self-confidence
-  sustain good relationships with others
-  discover personal fulfilment and inner meaning

### Author: Jan Alcoe

Jan Alcoe is a registered hypnotherapist, writer and trainer in holistic health and well-being. She was one of the core group that designed and wrote the training programme *Values in Healthcare: a spiritual approach* (The Janki Foundation for Global Health Care, 2004). She is author of *Lifting Your Spirits: seven tools for coping with illness* (Janki Foundation, 2008), which she developed following treatment for cancer. In this new publication, Jan continues her journey towards discovering well-being, drawing on personal experience, her work and latest research in the field.

### Editor: Dr Craig Brown

Dr Craig Brown is a general practitioner and Chair of the British Holistic Medical Association. He is the author of *Optimum Healing* (Rider, 1998) and was one of the core group that designed and wrote the Janki Foundation's *Values in Healthcare* programme. He trains facilitators for that programme in the UK and other countries.

## The Heart of Well-being Contents

### Book (96 pages)

What is well-being?  
What supports our well-being?  
How 'well' do you feel?  
Tool 1 **Relax and tune in**  
Tool 2 **Use your imagination**  
Tool 3 **Think positively**  
Tool 4 **Be creative**  
Tool 5 **Lighten up**  
Tool 6 **Value yourself**  
Tool 7 **Discover peace**  
Personal plan for well-being  
Going forwards

### Two CDs containing 7 tracks

The CDs provide a unique opportunity to

-  experience the essence of each tool in a multi-sensory way
-  practice using each tool
-  benefit from deep, healing relaxation

Together, the book and CDs promote well-being by helping readers discover more about themselves and their inner resources.

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