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Since 2014, the creator of the book has decided to start putting out her own goods and services on her own blog at 'Wellness Is A Way Of Life'. The creator has also decided to put out more free ebooks as well as offer more free services on the website. The website includes a plethora of useful information for those who wish to live a healthier lifestyle and those who want to live a healthier lifestyle. The website is made up of two words: 'Wellness' and 'Way'. Wellness is defined as the condition and process of being happy and healthy in body, mind, and spirit. Way is defined by the English language as "the path or track followed by the course of something". So, wellness is a way of life which implies that it is something that should be followed every day in order to feel good about yourself.

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