

Proven Strategies for Sustainable Wellbeing! Tracy De Geer Releases Breakthrough New Bestseller on Holistic Wellbeing!

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Dallas, Texas, April 02, 2018 –“ Having worked in clinical settings and the medical industry for over 20 years, Tracy De Geer is a passionate wellbeing advocate who has authored a breakthrough new bestseller. Her research and knowledge on the subject spans over 40 years and she worked on this literary endeavor for over 3 years, putting all of her thoughts and information into one accessible place. The purpose of the book is to help readers find the true meaning of wellbeing and attaining it by using the resources available within the human mind, body and spirit.

Titled Sustainable Wellbeing, Tracy De Geer shares her insightful strategies on how to harmonize the body, mind and spirit in order to find true holistic wellbeing. According to the book, one does not need to have a disease in order to focus on their wellbeing and the potential for being well resides within every single person. The author has worked hard in order to make this book a rich experience for the readers where they can learn how to make progress every day towards personal wellbeing.

With qualifications including a Health Science degree, Tracy De Geer has spent a large portion of her life dedicated to the cause of holistic wellbeing, over 40 years to be precise. Through her research and professional experiences, she has met thousands of patients whose outlook on health and wellbeing has added to her personal resourcefulness. Having worked in many clinical settings, she also successfully ran an integrated health and medical center in Sydney where she worked with and looked after patients in many different stages of wellbeing. Being able to analyze, learn and grow from her experiences has enabled her to develop a cutting-edge and effective approach towards holistic wellbeing that has been documented in Sustainable Wellbeing.

Having raised a family of five, Tracy De Geer is now the grandmother of three children and still proactively works towards improving the lives of those around her. Her continued endeavors towards the cause of wellbeing is contained in this wonderful book that shares a bona fide approach on how one can utilize their natural resources in order to find sustainable and optimum wellbeing in their life.

Tracy De Geer is available for interviews.

Sustainable Wellbeing is now available on Amazon.com.

Book Preview:

AU ~ <http://www.amazon.com.au/dp/B01642IYVE>

US ~ <http://www.amazon.com/dp/B01642IYVE>

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