

## ONLINE CATALOGUE

## Achieving personal well-being: how to discover and balance your physical and emotional needs

	Author	Chalmers,James (Author)
	<b>Publication Data</b>	Mumbai: Jaico Publishing House, 2003
	Edition	
	Physical Description	143 p.
	Series Data	How to;
	ISBN	81-7224-933-0
	Subject Area	Psychology
	Subject Headings	Self-realization Self-care, Health
	Call Number	158 CHA
Philadelphia University Library 2011		