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LOUNGE™

A STEP FURTHER® *with Desiree Watson*

Achieve empowerment
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THE WELLNESS LOUNGE-A STEP FURTHER empowers you with the benefits of a wellness lifestyle. Desiree Watson, a pioneer in the wellness lifestyle movement, guides you toward incorporating wellness into your life through commentary and interviews with exemplary personalities from such diverse fields as professional sports, corporate management, government, and health care. Our topics embrace the interconnections of mind, body and spirit, while offering in-depth analyses of the wellness lifestyle movement and its impact on the health care system, politics and international aid. Related topics will

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