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### The Wellness Lounge – A Step Further Archives Available

August 18th 2014: Emotional and Spiritual Development

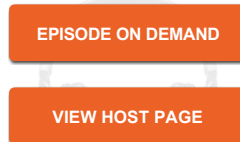
Emotional and Spiritual Development- will be our discussion topic at The Wellness Lounge, A Step Further 9 a.m. E.S.T. Monday when host Desiree Watson welcomes guest Rupert A. Hayles, Jr to the show. Rupert A. Hayles, Jr. is the President of The Center for Emotional and Spiritual Development. Spiritual wellness acknowledges our search for deeper meaning in life and is reflected when our actions become more consistent with our beliefs and values. Emotional wellness is a measure of our happiness and satisfaction with ourselves and our lives. Achieving emotional wellness includes realistic set

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### Featured Guest



#### Rupert A. Hayles, Jr.

Rupert A. Hayles, Jr. is the President of The Center for Emotional and Spiritual Development. He is certified in many emotional intelligence instruments and uses these to coach leaders.

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