



Don't Rest in Peace: Activity-Oriented, Integrated Physical and Mental Health

Peter J. McCusker

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Don't Rest in Peace is a self-help workbook approach facilitating healthful lifestyle improvement that focuses on the process of change more than on the content of any particular change. In that way, readers are empowered to select the health sectors most important to them. Six health essentials are emphasized: cognitive-emotional status, interpersonal relationships, physical conditioning diet-nutrition, work, and relaxation-recreation. Readers are guided toward understanding how their unique histories, temperaments, personalities, and environments contribute to their current lifestyles and to potential health-enhancing alterations. They then are taught concrete fundamental goal implementation strategies proven to promote rational, organized, comprehensive, and long-lasting physical and mental health. Dr. McCusker has over 30 years of experience and Don't Rest in Peace has over 30 pages of research references.

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