



Aligning Life: The Stinson Wellness Model

David D. Stinson

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What does wellness look like? And how does it feel? Is wellness when life is going our way, or can we experience wellness during the tough times too? How can we align our lives to live well? "I used to think good people automatically live well. In fact, I thought a lot of things happened automatically. I believed, for example, that wisdom and maturity increased with age and I would have my life figured out when I had a good career. While change and aging are constants, living well during different stages of life takes a mix of risk and intentionality" (Stinson). The Stinson Wellness Model helps people build wellness into their lives by encouraging wise decision making and authentic living in order for a person to contribute their talents and uniqueness to society.

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Ann Conley:

Spent a free time to be a fun activity to complete! A lot of people spent their leisure time with their family, or their very own friends. Usually they do activity like watching television, going to beach, or picnic inside park. They actually do same thing every week. Do you feel it? Will you do something different to fill your own personal free time/ holiday? Could be reading a book can be an option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of e-book that you should read. If you want to try look for book, maybe the publication titled **Aligning Life: The Stinson Wellness Model** can be a great book to read. Maybe it could be the best activity to you.

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Playing with family inside a park, coming to see the ocean world or hanging out with good friends is a thing that usually you may have done when you have spare time, after that why you don't try point that really opposite from that. 1 activity that make you not sensation tired but still relaxing, thrilling like on roller coaster you are ride on and with addition associated with. Even you love **Aligning Life: The Stinson Wellness Model**, it is possible to enjoy both. It is a fine combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout people. What? Still don't get it, oh come on its known as reading friends.

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