

Systemic Overview

Contributed by Administrator
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Three basic elements of Competent Self Care as proposed by Smart Life Institute and Smart Sport International:

1. Self-responsibility

^ ^ ^ Suggested reading: "Atlas Shrugged" by Ayn Rand

2. Self-image

^ ^ ^ ^ Suggested reading: "The Six Pillars of Self Esteem" by Nathaniel Brandon

3. Mechanical Diagnosis and Therapy

^ ^ ^ Suggested reading: "Treat Your Own Back " and "Treat Your Own Neck" by Robin McKenzie (along with ^ ^ ^ ^ ^ ^ and his clinical texts).

These three elements (among many others) are integrated into Smart4Systems - the guiding principles of the Smart Life Institute.