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In addition to being widely published in scholarly refereed journals, Dr. Anspaugh is co-author of the best-selling wellness text Wellness: Concepts and Applications and Developing Health Promotion Programs, both published by McGraw-Hill.

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□ This concept of a health continuum negates the idea that wellness and illness are opposite because they may occur simultaneously in the same person in varying degrees 13. 13 Conti□. □ The classic description of wellness was developed by Dunn in the early 1960s.

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