Book Review by Theresa Islo  
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I would encourage anyone involved in managing workplace wellness in any capacity to read this book and keep it handy for reference! It is an invaluable resource that promotes “preventive legal compliance” and offers a clear path to doing so.

For most wellness professionals, the realm of legal compliance is at best shrouded in confusion and misperceptions, with much of this due to a lack of accessible, reliable resources on the subject. This book provides clarity through a common sense approach that lays a foundation for understanding where we’ve come from and how we arrived here. In addition, each chapter starts with learning objectives and an introduction, and ends with key points, study questions and key terms.