Books 24x7 Well Being Essentials

Books 24x7 Well Being Essentials has recently been added to the Army e-Learning Program at no cost to the Army. The Well-Being Essentials recognizes that work/life balance is a key factor in the overall health of employees so the range of titles extends from health maintenance to personal happiness to financial stability. This collection includes over 1,000 titles in numerous topics such as:

Weight Loss • Personal Finance • Emotional Well-Being • Relationships • Health Challenges • Stress Management • Career Transitions • Work-Life Balance • Healthy Eating • Adoption • Parenting • Fitness • Grief & Loss • Substance Abuse • Career Development • and much more.

You can access these books by logging in to Army e-Learning and click on the Books 24x7 link.

Access Army e-Learning:

Step 1: Log in to AKO: http://www.us.army.mil

Step 2: Click on My Education (under Self-Service)

Step 3: Click on the Army e-Learning Portal Page link

Step 4: Click on the Books 24x7 link