

gift ideas for wellness

Gift Ideas for Wellness: Finding the Perfect Present for a Healthier, Happier Life

Are you searching for the perfect gift for someone who prioritizes their well-being? Finding a thoughtful wellness gift can be challenging, but it doesn't have to be! This comprehensive guide dives into a treasure trove of gift ideas for wellness, covering a range of budgets and interests. Whether they're a yoga enthusiast, a meditation newbie, or simply someone who appreciates self-care, we've got you covered. We'll explore unique and practical gifts that promote physical, mental, and emotional wellness, ensuring you find the ideal present to help your loved one flourish.

Mindfulness & Meditation Gifts: Finding Inner Peace

For the individual seeking inner peace and stress reduction, gifts focusing on mindfulness and meditation are perfect. These presents encourage a deeper connection with oneself and foster a sense of calm.

Guided Meditation Apps Subscription: A subscription to apps like Calm or Headspace offers a wealth of guided meditations, sleep stories, and mindfulness exercises, making it a truly versatile gift. Choose a longer subscription for a more substantial present.

Meditation Cushion or Zafu: A comfortable meditation cushion provides essential support for prolonged meditation sessions, enhancing the overall experience. Look for options made from natural materials like organic cotton or buckwheat hull.

Mindfulness Journal and Pen Set: Encourage reflection and self-awareness with a beautiful journal specifically designed for mindfulness practices. Pair it with a high-quality pen for a luxurious touch.

Ambient Sounds Machine or White Noise Machine: These devices create calming soundscapes, perfect for relaxation, sleep improvement, and creating a peaceful atmosphere for meditation. Consider those with nature sounds or customizable options.

Books on Mindfulness and Meditation: There's a wealth of literature on mindfulness and meditation practices for beginners and advanced practitioners. Choose a book tailored to their specific interests and experience level.

Fitness & Movement Gifts: Boosting Physical Wellness

Promote physical activity and well-being with gifts that encourage movement and a healthy lifestyle. These presents cater to various fitness levels and preferences.

Smart Fitness Tracker or Watch: These devices track activity levels, sleep patterns, and heart rate,

providing valuable insights into overall health. Choose a tracker with features relevant to their fitness goals, such as GPS tracking for runners.

Yoga Mat and Accessories: A high-quality yoga mat, yoga blocks, and straps offer comfort and support during yoga practice, encouraging regular sessions. Consider eco-friendly materials like natural rubber or jute.

Resistance Bands or Dumbbells: These affordable and versatile tools enable strength training at home, providing a convenient and effective way to improve fitness. Choose weights or bands appropriate for their fitness level.

Fitness Class Package: Gift a package of classes at a local yoga studio, Pilates studio, or gym, offering a chance to try new activities and meet like-minded individuals.

High-Quality Workout Clothes: Comfortable and stylish athletic wear motivates individuals to engage in physical activity. Choose clothing made from breathable, moisture-wicking fabrics.

Nutrition & Healthy Eating Gifts: Fueling the Body Right

Support healthy eating habits with thoughtful gifts that promote nutritious choices and mindful eating.

High-Powered Blender: A high-powered blender enables the creation of nutritious smoothies, soups, and other healthy concoctions, making it easier to incorporate fruits, vegetables, and other beneficial ingredients into the diet.

Recipe Books Focused on Healthy Eating: Choose recipe books that focus on healthy, delicious, and easy-to-prepare meals. Opt for books featuring recipes that align with their dietary preferences and restrictions.

Spiralizer or Vegetable Chopper: These kitchen gadgets make it easier to incorporate more vegetables into meals, providing creative ways to enjoy healthy ingredients.

Subscription Box for Healthy Snacks: Numerous subscription boxes deliver healthy snacks directly to their door, providing a convenient and enjoyable way to discover new and nutritious treats.

Herb Garden Kit: A herb garden kit allows them to grow fresh herbs at home, adding flavour and nutrition to their meals while enhancing their connection with nature.

Spa & Self-Care Gifts: Indulging in Relaxation

Encourage relaxation and rejuvenation with pampering gifts that promote self-care and stress reduction.

Essential Oil Diffuser and Essential Oils: An essential oil diffuser creates a calming and aromatic atmosphere, enhancing relaxation and promoting well-being. Choose essential oils with calming properties like lavender or chamomile.

Luxury Bath Products: High-quality bath bombs, bath salts, or luxurious body lotions offer a soothing and indulgent experience, perfect for unwinding after a long day.

Massage Gift Certificate: A massage provides therapeutic benefits, relieving muscle tension and promoting relaxation. Choose a type of massage that aligns with their preferences.

Weighted Blanket: A weighted blanket provides a gentle, comforting pressure that can help reduce anxiety and improve sleep quality.

Silk Pillowcase or Eye Mask: These luxurious items improve sleep quality by reducing friction on the skin and blocking out light, creating a more peaceful sleep environment.

Experiences for Wellness: Creating Lasting Memories

Experiences can often be more impactful than material gifts. Consider these wellness-focused experiences:

Weekend Retreat: A weekend retreat focused on yoga, meditation, or other wellness practices provides a chance to disconnect from daily life and reconnect with oneself.

Cooking Class Focused on Healthy Cuisine: A cooking class provides the opportunity to learn new recipes and techniques, enhancing culinary skills and promoting healthy eating habits.

Membership to a Wellness Center: A membership to a wellness center offers access to various amenities, such as a sauna, steam room, or fitness classes.

Conclusion:

Choosing the perfect gift ideas for wellness involves considering the recipient's individual needs and preferences. By selecting a gift that aligns with their interests and lifestyle, you can contribute to their overall well-being and show your care in a meaningful way. Remember, the most valuable gifts often prioritize experiences and self-care, fostering a healthier and happier life.

FAQs:

1. What if I don't know the recipient's wellness interests? Start with a general self-care gift like a luxurious bath set or a comfortable weighted blanket. These are widely appreciated and can be a great starting point.

1. What's a good budget-friendly wellness gift? A mindfulness journal, a set of resistance bands, or a subscription to a guided meditation app are all excellent budget-friendly options.

1. Are there any wellness gifts suitable for men? Absolutely! Consider a high-quality water bottle, a fitness tracker, a massage gift certificate, or a subscription box focusing on healthy snacks.

1. What if the person already has a lot of wellness products? Consider gifting an experience, like a cooking class or a weekend retreat focused on wellness. Alternatively, donate to a charity in their name related to a cause they support.

1. How can I make my wellness gift more personal? Add a handwritten card expressing your care and support. Consider including a personalized element, such as a photo or a small, meaningful item related to their interests.

gift ideas for wellness: *The More or Less Definitive Guide to Self-Care* Anna Borges, 2019-11-01 Some days you need a pick-me-up, some days you need a life preserver. “For most of us,” writes Anna Borges, “self-care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with.” You may already practice some form of self-care, whether it’s taking an extra-long shower after a stressful day, splurging on a ~fancy~ dinner, or choosing Netflix over that friend-of-a-friend’s birthday party. But when life gets so overwhelming that you want to stay in bed, some more radical care is crucial to maintain your sanity. The More or Less Definitive Guide to Self-Care is here to help you exist in the world. Borges gathers over 200 tips, activities, and stories (from experts and everyday people alike) into an A-to-Z list—from asking for help and burning negative thoughts to the importance of touch and catching some Zzz’s. Make any day a little more OK with new skills in your self-care toolkit—and energy to show up for yourself.

gift ideas for wellness: *The Dude Diet Dinnertime* Serena Wolf, 2019-10-29 The author of The Dude Diet is back with 125 crowd-pleasing recipes to hack the daily dinner dilemma. In her cult-classic The Dude Diet, chef and recipe developer Serena Wolf dared go where no healthy living cookbook had gone before: into the realm of dude food. From wings and nachos to burgers and pizza, Serena offered clean(ish) junk food makeovers that inspired dudes everywhere to put down the takeout menu and pick up a spatula. Now, The Dude Diet Dinnertime gives those same hungry dudes—and their families—dozens of drool-worthy main course dishes. In The Dude Diet Dinnertime, Serena gives you 125 foolproof recipes to satisfy every craving and please every member of the family. With soon-to-be classics like Super Sloppy Josés, Turkey Reuben Patty Melts, Chicago Dog Baked Potatoes and Chicken Parm Quinoa Bake, Serena shows comfort food fanatics and picky eaters alike how to get a delicious, nutritious, and filling dinner on the table without a fuss—and sometimes in 30 minutes flat. With easy-to-follow, step-by-step instructions, gorgeous food photography, and Serena’s one-of-a-kind voice and humor, The Dude Diet Dinnertime offers a fun and utterly satisfying answer to the eternal question: What’s for dinner?

gift ideas for wellness: *Words to Live By* , 2020-05-05 Words to Live By is a gorgeous book of 50 illustrated quotes by 50 inspiring women. Discover intelligent and powerful quotes such as: Optimism is the faith that leads to achievement by Helen Keller, Turn your wounds into wisdom by Oprah Winfrey, Every great dream begins with a dreamer by Harriet Tubman, and more. This visually stunning book is filled with Jade Purple Brown's custom illustrated typography, alongside her bold, colorful illustrations of women, nature, and more. • A smart, positive, empowering collection of quotes by female role models • The ultimate book for women • Jade Purple Brown's modern and cool illustration style illuminates these uplifting and positive quotes by remarkable women. Keep this lovely ebook close at hand for a dose of strength and inspiration, whenever you

need it. A great book for Mother's Day, Women's History Month, birthdays, and graduations Perfect for those who loved Great Quotes from Great Women: Words from the Women Who Shaped the World by Peggy Anderson, Beautifully Said by Quotabelle, and Badass Affirmations: The Wit and Wisdom of Wild Women by Becca Anderson

gift ideas for wellness: Root & Nourish Abbey Rodriguez, Jennifer Kurdyla, 2021-04-06 Embrace the ancient healing power of plants with more than 100 whole-food, plant-based, gluten-free herbal recipes, designed around the most common health concerns of modern women.

gift ideas for wellness: Complete Wellness Neal's Yard Remedies, 2018-09-18 Enjoy long-lasting holistic health and prepare natural health remedies for common ailments with essential oils, herbal remedies, and pure foods. Complete Wellness delivers a head-to-toe guide to healing for every part of your body. Targeted instructions allow you to tap into the restorative powers of herbs and plants and their therapeutic essential oils and use tried-and-true, centuries-old herbal remedies to treat a host of common ailments. In addition to healing remedies, the book explores the key building blocks for optimizing health and well-being in each part of the body, pointing you to the top herbs, nutrients, and essential oils each area needs not only to stay well, but to reach the very peak of wellness--whether to boost circulation, enjoy glowing skin, balance gut flora, or maximize energy levels. Guidance is given on incorporating ingredients into everyday regimens, helping you to stay in optimal health. Follow step-by-step demonstrations on how to blend your own teas and tinctures; concoct all-natural-ingredient creams; create therapeutic aromatherapy oil blends; discover delicious recipes for wellness; and master a variety of other practical techniques and tips for lifelong well-being. Make the most of nature's resources with Complete Wellness.

gift ideas for wellness: Mindfulness Cards Rohan Gunatillake, 2018

gift ideas for wellness: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

gift ideas for wellness: Health Education Ideas and Activities Roger F. Puza, 2008 Health Education Ideas and Activities contains these time saving features: Specific ready-to-use assessments for easily building accountability into your teaching; Over 200 handouts and 20 tests; A handy CD-ROM containing all the reproducibles for quick access; A lesson idea finder for quickly locating the content you need.

gift ideas for wellness: Activating Happiness Rachel Hershenberg, 2017-12-01 It's not just big choices that can radically change our lives--sometimes it's the small ones. Activating Happiness offers powerful, evidence-based strategies to help you conquer low motivation, nix negative moods, and defeat depression by actively making positive choices in small, everyday moments. If you have depression or just suffer from low mood and lack of motivation, you know that your life isn't going to change with one grand, sweeping gesture. But you can make important decisions every day--whether it's getting off the couch and going for a walk, signing up for a course in pottery or screenwriting, or just setting aside some time to meet and chat with a good friend over coffee. These little things won't change your life all at once. But over time, they will shape the way you live and see the world and keep you on a path to wellness. In Activating Happiness, you'll find solid strategies based in behavioral activation and acceptance and commitment therapy (ACT) to help you break the cycle of avoidance, guilt, shame, and hopelessness that can take hold when you're feeling

your lowest. Using this guide, you'll find little, doable ways to "show up" to your life, get the ball rolling, and start really feeling better, instead of just reassuring others. You'll learn to set healthy goals for your body like eating and sleeping well, as well as healthy goals for your mind. Most importantly, you'll discover how to view your life through the lens of your own deepest values, which will spark a commitment to real, lasting change. The best thing about change is that you can start anywhere. By building a life—moment by moment—of rewarding behaviors that correspond to your values, you have the recipe for getting and staying well at your fingertips. This book will guide your way.

gift ideas for wellness: Fitness Dice Chronicle Books, 2020-08-18 For fitness lovers of all levels, this handy kit includes 7 wooden dice and an instructional booklet with 36 different exercises--offering a fun and effective way to get a full-body workout at home or on the go. Each die represents a different area of focus: lower body, upper body, chest and back, core, cardio, full body, and number of reps/time. Simply roll the dice to generate a workout sequence or to add variety to an existing routine. With thousands of possible combinations and options for making exercises easier or more challenging, Fitness Dice is guaranteed to keep workouts fresh and exciting. No props or equipment needed! INCLUDES: 7 wooden dice, an instructional booklet with explanations for 36 different exercises-at a lower price point than many other fitness products. GET A FULL-BODY WORKOUT AT HOME, NO EQUIPMENT NECESSARY: Roll the dice for a unique fitness routine every time. You don't need any weights, props, or machines--just your own body! THOUSANDS OF POSSIBLE COMBINATIONS: The dice cover various body parts and types of exercises (cardio, back, arms, legs, etc.), and determine the number of reps and duration. With more than 45,000 workout possibilities, you'll never have to do the same one twice! TAKES THE INTIMIDATION OUT OF WORKING OUT: No matter your fitness level, these dice will create a great workout. And the included booklet will guide you through each exercise as well as offer tips on stretching, warming up, and cooling down. GREAT FOR BUSY FOLKS ON THE GO: No need to worry about getting to the gym or a workout class; fit in an efficient workout whenever and wherever! FUN, UNIQUE GIFT OR SELF-PURCHASE FOR FITNESS FANS: Great for men and women, health-conscious folks, fans of other quick routines like the 7-Minute Workout, and beginners as well as more advanced athletes.

gift ideas for wellness: Fitness Junkie Lucy Sykes, Jo Piazza, 2017-07-11 A GMA SUMMER MUST-READ! From the bestselling authors of *The Knockoff*, an outrageously funny novel about one woman's attempt—through clay diets, naked yoga, green juice, and cultish workout classes—to win back her career, save her best friend, and lose thirty pounds. When Janey Sweet ... navigates topless yoga and ruthless cycling classes in Lucy Sykes and Jo Piazza's satire, she realizes she's better off without the green juice. —Us Weekly When Janey Sweet, CEO of a couture wedding gown company, is photographed in the front row of a fashion show eating a bruffin--the delicious love child of a brioche and a muffin--her best friend and business partner gives her an ultimatum: lose thirty pounds or lose your job. Sure, Janey has gained some weight since her divorce, and no, her beautifully cut trousers don't fit like they used to, so Janey throws herself headlong into the world of the fitness revolution, signing up for a shockingly expensive workout pass, baring it all for Free the Nipple yoga, and spinning to the screams of a Lycra-clad instructor with rage issues. As Janey eschews carbs, pays thousands of dollars to wellness gurus, and is harassed by her very own fitness bracelet, she can't help but wonder: Did she really need to lose weight in the first place?

gift ideas for wellness: The EatFit Cookbook Molly Kimball, 2019-10

gift ideas for wellness: Alchemy of Herbs Rosalee de la Forêt, 2017-04-04 Did you know there's a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for: Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . . *Alchemy of Herbs* will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will

become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that's as simple and inexpensive as cooking dinner. With the guidance of herbalist Rosalee de la Forêt, you'll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family. In addition to offering dozens of inspiring recipes, Rosalee examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics. Grow your knowledge of healing herbs and spices, and start using nature's pharmacy to feed, heal, and nurture your whole family!

gift ideas for wellness: The Everything Health Guide to OCD Chelsea Lowe, 2007-11-01
OCD sufferers have difficulty concentrating, and often their compulsions--needless checking, excessive worrying, and even repetitive actions like rewashing--make it difficult for them to lead their everyday lives. Misdiagnosed or untreated OCD can become chronic and more severe. It is also hereditary, so parents who have OCD may pass symptoms on to their children. Written by an OCD sufferer with a technical review by a licensed psychologist, this practical guide covers: * Diagnosis and the identification of symptoms * The types of OCD * Current treatment options * Some coping strategies * Support groups * Useful resources like an OCD self-test With The Everything® Health Guide to OCD, people who suffer from the disorder can rest easy, knowing they have the knowledge and medical information to help them recognize and cope with the symptoms and decide upon treatment. AUTHOR: Chelsea Lowe (New England) is a professional writer who has been living with OCD for 7 years (she was diagnosed at the age of 37). She has written about the disorder for the Philadelphia Inquirer, the New York Daily News, and TV Guide. Her other publication credits include Newsweek, National Public Radio, Newsday, the Los Angeles Times, the Boston Globe, Technology Review, and the Boston Herald. Judith A. Lytel, Psy.D. (Amherst, MA), is a licensed psychologist who has been in private practice for more than 12 years, treating patients with anxiety disorders such as OCD. She was a Clinical Instructor and Preceptor in Obstetrics and Gynecology at Tufts University School of Medicine. A graduate of Penn State, Johns Hopkins, and the Massachusetts School of Professional Psychology, Dr. Lytel completed a postdoctoral fellowship in Behavioral Medicine at Harvard-affiliated Cambridge Hospital.

gift ideas for wellness: The Work Wellness Deck Landra Bickley Eliopoulos, 2021-08-31 Banish burnout with this deck of 60 easy-to-do-anywhere prompts that encourage sanity, serenity, and wellness in your place of work, wherever that may be. Burnout is common in today's work culture. Whether due to long hours, excessive workloads, or lack of work-life balance, we all know someone who has felt overwhelmed at work. Enter The Work Wellness Deck: 60 actionable suggestions that will restore a sense of well-being in the workplace and banish burnout once and for all. Packaged in a portable format, the deck is organized into three categories: REFRESH (mental health), FLOW (physical health), and CONNECT (work relationships). Prompts include office stretches that help your posture, breathing exercises to manage stress, a gratitude practice to focus on the positive, and networking ideas to build meaningful relationships. Individuals can keep the deck on their desk or in their bag, pulling a card to start the day or as a midday mindfulness break, teams can use the cards to set a group intention, and company leaders can distribute this deck to employees as a wellness perk. No matter how it's used, The Work Wellness Deck will help people in all industries build resiliency, improve productivity, communicate effectively, and forge connection—no matter where they work. BURNOUT IS COMMON: Whether you work from home and struggle to delineate work and personal time, or you work long hours at an office, it is common to feel overworked and overwhelmed at one point or another. The Work Wellness Deck is an effective tool in preventing and/or diminishing feelings of burnout. PERFECT FOR COMPANIES: Small businesses, company leaders, and HR reps in every industry—tech, finance, healthcare, law, media, nonprofits, retail, and more—can distribute this deck to their employees as a way to encourage them to prioritize their health and wellness. LITTLE-PUBLISHED SLICE OF WELLNESS: Wellness is a huge trend, but beyond self-help books on the topic, there isn't much accessible publishing on wellness in the workplace. This one-of-a-kind format is practical but still giftable, and fills that gap. Perfect for: •

People who work and want to prioritize their own wellbeing • Anyone who feels burned-out • Job-changers • New graduates • HR reps and company leaders (for themselves or their employees); especially as a welcome gift for new hires, or a gift for a workplace anniversary or promotion

gift ideas for wellness: *Quantum Wellness* Kathy Freston, 2009-04-07 An instant New York Times bestseller embraced and endorsed by such luminaries as Oprah Winfrey, Dr. Mehmet Oz, Ellen DeGeneres, and Marianne Williamson, *Quantum Wellness* is the breakthrough book that created a national trend. This life-changing guide teaches us how to reach our highest level of health and contentment through small, focused changes. Featuring a foreword by #1 New York Times bestselling author Dr. Mehmet C. Oz, *Quantum Wellness* will forever change the way readers approach healthy living.

gift ideas for wellness: Don't Worry Shunmyo Masuno, 2022-04-05 Discover why 90% of your worries won't come true in this highly practical, internationally bestselling guide by the renowned Zen Buddhist author of *The Art of Simple Living* and *How to Let Things Go*. Think of a time when you were worried about something, but then you suddenly realized how insignificant it was. Isn't it amazing how much lighter you felt? The key is to focus only on the here and now. By doing so, you free yourself from unnecessary anxiety, and your mind will be at peace. In *Don't Worry*, you will learn to: Lesson #1: stop comparing yourself to others—90% of your obsessions will disappear; Lesson #4: remove unnecessary things from your life and make your life absolutely simple; Lesson #10: stop seeking, stop rushing, stop obsessing; Lesson #11: interpret things positively—you are the one to decide whether you are happy or not; Lesson #14: stop taking in too much information; Lesson #19: take a break from competition—it's the Zen way of avoiding anxiety; Lesson #24: act instead of worrying—things will definitely work out better. By following this book's 48 simple lessons—and taking to heart the nearly 30 zengo, or Zen sayings, quoted throughout—you'll enjoy a calmer, more relaxed, more positive version of yourself. A PENGUIN LIFE TITLE

gift ideas for wellness: For You When I Am Gone Steve Leder, 2022-06-07 New York Times and Los Angeles Times bestseller! From the bestselling author of *The Beauty of What Remains*, a guide to writing a meaningful letter about your life. Writing an ethical will, a document that includes stories and reflections about your past, is an ancient tradition. It can include joy and regrets, and ultimately becomes both a way to remember a loved one who is gone and a primer on how to live a better, happier life. Beloved Rabbi Steve Leder has helped thousands of people to write their own ethical wills, and in this intimate book helps us write our own. Because our culture privileges the material over the spiritual, we sometimes forget that our words carry greater value than any physical thing we can bequeath to our loved ones. Rabbi Leder provides all the right questions and prompts, including: What was your most painful regret and how can your loved ones avoid repeating it? When was a time you led with your heart instead of your head? What did you learn from your biggest failure? Including examples of ethical wills from a broad range of voices—old and young, with and without children, famous and unknown—*For You When I Am Gone* inspires readers to examine their own lives and turn them into something beautiful and meaningful for generations to come.

gift ideas for wellness: Let Go of Emotional Overeating and Love Your Food Arlene B. Englander, 2018-08-24 *Let Go of Emotional Overeating and Love Your Food* is for anyone who would like to eat whatever they like, yet stop just at the point of satisfaction without overeating. Written by a Columbia University trained psychotherapist and former emotional overeater, *Let Go of Emotional Overeating and Love Your Food* offers psychologically sound techniques for recognizing the symptoms of emotional overeating and methods for addressing it in ways that are both effective and enjoyable. Readers will learn how to become aware of the difference between eating in a healthy way and eating emotionally – neither to satisfy hunger, nor for enjoyment, but in a desperate attempt to distract oneself from painful thoughts and feelings. Diets don't work for people who eat through their emotions. Instead, learning to recognize the stressors that lead to emotional eating and to address those tensions through other methods besides eating is the goal. When we handle stress well away from the table, we're free to relax and really savor our food when we choose to eat.

Proven techniques like Cognitive Behavioral Therapy (CBT) are presented in an innovative, easy-to-remember way. Learning to eat mindfully, for health and enjoyment, becomes the goal, and Arlene Englander walks readers through table techniques designed to make mindful eating easier, habitual, and ultimately second-nature. Allowing for both fun foods and healthy foods, Englander's approach emphasizes eating healthfully and being aware of best practices and the behavioral objectives of coping with stress, exercising regularly, mindful eating, good nutrition and hydration, and controlling overeating situations. She addresses late-night eating, parties, vacation, and other situations where overindulging may be a risk. She concludes with a prescription that is meant to last so that readers can love their food for a lifetime.

gift ideas for wellness: *The Light We Give* Simran Jeet Singh, 2024-07-02 A National Bestseller "I love this book... It is rich in wisdom, religious and personal, and it is absolutely charming." —Anne Lamott, author of *Dusk, Night, Dawn* and *Help, Thanks, Wow* An inspiring approach to a happier, more fulfilling life through Sikh teachings on love and service. As a boy growing up in South Texas, Simran Jeet Singh and his brothers confronted racism daily: at school, in their neighborhood, playing sports, and later in college and beyond. Despite the prejudice and hate he faced, this self-described "turban-wearing, brown-skinned, beard-loving Sikh" refused to give in to negativity. Instead, Singh delved deep into the Sikh teachings that he grew up with and embraced the lessons to seek the good in every person and situation and to find positive ways to direct his energy. These Sikh tenets of love and service to others have empowered him to forge a life of connection and a commitment to justice that have made him a national figure in the areas of equity, inclusion, and social justice. *The Light We Give* lays out how we can learn to integrate ethical living to achieve personal happiness and a happier life. It speaks to those who are inspired to take on positive change but don't know where to begin. To those who crave the chance to be empathetic but are afraid of looking vulnerable. To those who seek the courage to confront hatred with love and compassion. Singh reaches beyond his comfort zone to practice this deeper form of living and explores how everyone can learn the insights and skills that have kept him engaged and led him to commit to activism without becoming consumed by anger, self-pity, or burnout. Part memoir, part spiritual journey, *The Light We Give* is a transformative book of hope that shows how each of us can turn away from fear and uncertainty and move toward renewal and positive change.

gift ideas for wellness: *Happiness Through Hardship* Caryn Sullivan, 2019-06-29 Does your diagnosis have you desperate as to what to do next? Shocked, scared and practically paralyzed with your next steps? Help is here in this brilliant, quick and simplified book backed with the best advice from a two-time cancer survivor who walked in similar shoes. Like a good friend holding your hand, Caryn Sullivan's *Happiness through Hardship* is written in support of cancer patients, their caregivers and/or friends who need direction during the first few weeks after diagnosis. This cancer-surviving guide book empowers readers to take immediate steps for being prepared, less-stressed and able to find a little joy within the journey. *Happiness through Hardship* directs those facing an initial cancer diagnosis with positivity and hope. Structured with thoughtful tips and anecdotes, this short book provides gentle guidance from the first few days to the thickness of treatments, and includes a journal and note-taking pages to be used as a reference during doctor appointments and meetings. After her own cancer diagnosis, Caryn understands the importance of a book that's easily digestible and not overwhelmingly long. Her insight provides a little light during the darker days. The first few weeks after diagnosis are often most challenging. Caryn was blessed to have three angels, Ellen Cavaiuolo, Mary Ann Wasil and Meghan Zucker guide her throughout the early days. This book is dedicated to them and half the proceeds will be donated to metastatic breast cancer research through The Cancer Couch Foundation.

gift ideas for wellness: *Your Fully Charged Life* Meaghan B Murphy, 2021-02-23 A high-energy guide to living with presence, optimism, and joy—one yay at a time! Ever wish you were one of those upbeat, positive people who embrace every day with a can-do mindset that motivates others and simply makes life more fun? Longtime magazine editor Meaghan B Murphy is one of those high-energy people--and she's here to share her secrets for finding more yay every day. Your

Fully Charged Life is Murphy's practical guide to bringing your best self to every moment, even when the pressures of daily life leave you feeling overwhelmed, exhausted, and wallowing in negative thoughts (and a pint of your favorite gelato). Spanning health, work, family time, and more, this book reveals small changes in outlook and habits that yield big results, without ever sacrificing who you are. Informed by the latest research in neuroscience, positive psychology, and inspiring examples of women and men who live fully charged every day, the book presents simple ways to: • cultivate gratitude--and pass it along • make meaningful connections with the people around you • learn to say no--so you can fill your days with things that matter to you most • recharge when you need it • spread the positive charge to others to make the world a happier, healthier place Going beyond platitudes and shallow Insta-inspiration, this inspiring and empowering book provides a blueprint for feeling less stressed and genuinely making the most of your every day.

gift ideas for wellness: *Be Not Afraid of Love* Mimi Zhu, 2022-08-23 "Radical and revolutionary." —Jonny Sun, New York Times bestselling author of *Goodbye, Again* A collection of powerful interconnected essays and affirmations that follow Mimi Zhu's journey toward embodying and re-learning love after a violent romantic relationship, a stunning and provocative book that will guide and inspire readers to lean into love with softness In their early twenties, Mimi Zhu was a survivor of intimate-partner abuse. This left them broken, in search of healing and ways to re-learn love. This work is a testament to the strength and adaptability all humans possess, a tribute to love. *Be Not Afraid of Love* explores the intersections of love and fear in self-esteem, friendship, family dynamics, and romantic relationships, and extends out to its effects on society and the greater political realm. In sharing their own intimate encounters with oppression, healing, joy, and community, Mimi invites readers to reflect deeply on their own experiences as well, with the intention of acting as a guide to undoing the hurt or uncertainty within them. In this heartrending and revolutionary book, Mimi reminds us, be not afraid of love.

gift ideas for wellness: *The Wellness Code* World's Leading Experts, 2012-02-01 *Cracking The Wellness Code* has been on our minds for a long time! Quotes on 'wellness' abound through the ages: The part can never be well unless the whole is well Plato Mankind has aspired to long life throughout the ages. He has long recognized that without 'sound mind' and a satisfactory 'quality of life' long life is not an attractive prospect. Philosophers and sages - including the unknown cynic who stated that 'Good health is merely the slowest way to die!' - have offered numerous solutions to this long-standing predicament. This is where the Celebrity Experts shine light on the subject. The Celebrity Experts in this book document the fact that healthy bodies and healthy minds are key ingredients to cracking *The Wellness Code*. In our lives, there are many different routes to Wellness for each of us. There is no panacea. Consequently, these Celebrity Experts focus on the most relevant areas, including: nutrition, diet and exercise, physical and mental health, medical considerations, career wellbeing and healthy habits. In the search for Wellness the Celebrity Experts discuss healthy living from the standpoint of balance, lifestyle and mindset. When you read this book, you will find numerous topics of interest written by those who have experienced positive results. The leading coaches in their subject matter have poured out their best tips that clients invest thousands of dollars to glean. This subject matter is set in a contemporary setting for twenty-first century relevance, so read and enjoy..... Mens sane in corpore sana. Juvenal (A sound mind in a sound body)

gift ideas for wellness: *Destination Wellness* Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with

heartful personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. Destination Wellness is the perfect book for:

- Anyone who has embraced hygge and is looking for new lifestyle inspiration
- Armchair travelers and staycationers
- Happiness and inspiration seekers
- Wellness and travel enthusiasts
- History lovers

gift ideas for wellness: The Rumi Prescription Melody Moezzi, 2020-03-03 A powerful personal journey to find meaning and life lessons in the words of a wildly popular 13th century poet. Rumi's inspiring and deceptively simple poems have been called ecstatic, mystical, and devotional. To writer and activist Melody Moezzi, they became a lifeline. In *The Rumi Prescription*, we follow her path of discovery as she translates Rumi's works for herself - to gain wisdom and insight in the face of a creative and spiritual roadblock. With the help of her father, who is a lifelong fan of Rumi's poetry, she immerses herself in this rich body of work, and discovers a 13th-century prescription for modern life. Addressing isolation, distraction, depression, fear, and other everyday challenges we face, the book offers a roadmap for living with intention and ease, and embracing love at every turn--despite our deeply divided and chaotic times. Most of all, it presents a vivid reminder that we already have the answers we seek, if we can just slow down to honor them. You went out in search of gold far and wide, but all along you were gold on the inside. Become the sky and the clouds that create the rain, not the gutter that carries it to the drain. You already own all the sustenance you seek. If only you'd wake up and take a peek. Quit being a drop. Make yourself an ocean.

gift ideas for wellness: *Fostering Wellness in the Workplace* Bobbi L. Newman, 2022-01-24 Whether you're an administrator or library leader concerned about the health and well-being of your team, or a library worker excited to launch a health and wellness movement in your library, you'll find sensible guidance and inspiration in Newman's handbook. As part of their dedication to improving the lives of their patrons, libraries have long offered services, programs, and outreach dedicated to the health and wellness of their communities. There is a growing recognition that library workers themselves are in urgent need of such attention; low morale, and complaints of burnout and a toxic work environment, are only a few of the obvious symptoms. The good news is that by turning inward, libraries can foster wellness in their workplace and make a real difference in the day-to-day lives of their staff. Newman, who has led a popular course on the subject attended by workers from many types of different libraries, here takes a holistic approach to examine why and how libraries should focus on improving the health and wellness of employees. Filled with hands-on advice, examples of successful initiatives, and suggested action steps, in this book readers will learn how to define health and wellness, including its physical, psychological, and social aspects, and why they touch upon nearly everything that happens in the workplace; what a workplace looks like when it strives to ensure the complete physical, mental, and social well-being of workers, and the ways in which this approach to a work environment benefits both the library and the community it serves; the role played by the physical aspects of the workplace, such as the ergonomics of sitting and standing desks, the effects of air quality and smell on worker health and productivity, and noise levels stemming from open plan workspaces; about key policies relating to wages, working schedules, where employees work, and child and elder care; real-world advice on addressing complicated workplace issues like emotional and invisible labor, with a look at the part that burdensome or indifferent policies and practices can play in contributing to compassion fatigue and burnout; ways to make healthy choices for oneself and encourage healthy choices in co-workers and staff; concrete, evidence-based steps that libraries can take to improve workplace wellness; how to make a lasting difference by focusing on one aspect they can change personally and one that they can advocate changing library wide.

gift ideas for wellness: *Healthier Together* Liz Moody, 2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An

Epicurious Best Cookbook for Spring • “Healthier Together focuses on real whole foods and bringing community together.”—Kelly LeVeque, celebrity nutritionist and bestselling author of *Body Love* Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they’re all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake “Fried” Chicken, General Tso’s Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for *Healthier Together* “This cookbook is one you’ll be reaching for time and time again when you need healthy food that is satisfying and delicious.”—Tieghan Gerard “Liz Moody offers heaps of tasty recipes packed with great ingredients.”—Real Simple “Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey.”—Gina Homolka “Liz does an amazing job helping you make delicious food in a way that is both feasible and fun.”—Rachel Mansfield “Liz’s book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table.”—Daphne Oz “Liz’s message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!”—Jeanine Donofrio

gift ideas for wellness: Digest This Bethany Ugarte, 2020-10-13 The unique and powerful Gut Reset diet plan for sufferers of IBS and digestive disorders that works to restore healthy gut function in 21 days. After years of severe struggles with IBS and gut dysfunction and finding no relief from the conventional methods of treating IBS (following a low-FODMAP diet, taking medications, managing stress), Bethany Ugarte took matters into her own hands. She changed her diet with the help of a holistic doctor, eliminating all gut irritants and eating nutrient-dense, easily digested foods like Greek yogurt, bone broth, collagen, and pureed protein for maximum nutrient absorption. Her painful, debilitating symptoms disappeared. Now she's synthesized her hard-won wisdom into a 21-day Gut Reset protocol and maintenance plan that works to heal and seal your gut, restoring digestive health. Her Gut Reset program includes powerful techniques that help to ensure maximum absorption from foods, cutting out little-known irritants and integrating foods that your gut needs to heal. She offers meal plans, stress reduction techniques, and creative recipes that deliver maximum flavor and nutrients with minimal ingredients. Recipes include Cookie Dough Milkshake, Blueberry Protein Scones, Carrot Bacon and Eggs, Chili-Stuffed Spaghetti Squash Pasta, Paleo Spinach Dip, Pecan Pie Bread, and Sea Salt Butternut Fudge. No matter how severe your symptoms may be, *Digest This* will help you eat without stress or fear in just 21 days.

gift ideas for wellness: Clean Mind, Clean Body Tara Stiles, 2020-12-29 An easy reset for feeling and living better. — DEEPAK CHOPRA Tara makes purposeful self-care easy and enjoyable! — DAPHNE OZ A life-changing detox for body and mind that will transform your daily routine and your habits, from wellness expert and Strala Yoga founder Tara Stiles. Most of us are constantly plugged in and stressed out—tethered to our phones and e-mail, overworked and inactive at our desk jobs, and out of touch with what our bodies and our brains really need. *Clean Mind, Clean Body* is the ultimate reset button, an immersive experience in mental and physical self-care that will transform your daily routine and your habits. In *Clean Mind, Clean Body*, Tara leads readers on a 4-week detox for body, mind, and spirit that can be done easily at home, and that covers: WEEK 1 - MENTAL CLEANSE - Eliminate toxic relationships, create a home sanctuary, and unplug from devices. WEEK 2 - SPIRITUAL CLEANSE - Establish a meditation practice, slow down, and live with

intention. WEEK 3 – CHANGE THE WAY YOU EAT – Embrace an East Meets West diet, eat clean, and love your body. WEEK 4 – CHANGE THE WAY YOU MOVE – Redefine exercise, get outside, and embrace the power of rest. Packed with ancient healing practices adapted for modern living and clean living rules for life, Clean Mind, Clean Body is your personal blueprint for physical and spiritual realignment.

gift ideas for wellness: The Ultimate Financial Plan Jim Stovall, Tim Maurer, 2011-08-24 How to build a financial plan that really blends into your life The latest volume in the bestselling Ultimate series, Jim Stovall and Tim Maurer's The Ultimate Financial Plan: Balancing Your Money and Life is a one-stop, comprehensive, personal financial planning book exploring the intersection of money and life. The Ultimate Financial Plan examines the connection between actions, thoughts, and feelings when it comes to all things financial. The key to getting the most out of your wealth, the authors argue, is certainly found in the wise utilization of tools, like budgets, bank accounts, 401(k)s, IRAs, Roth IRAs, education savings plans, and real estate, as well as home, auto, business, health, disability, and long term care insurance, but even more so in the contentment found in balancing money's influence in our lives with personal values and goals. An insider's look into the recently humbled Big 3—the banks, brokerage firms, and insurance companies—and the inner workings that often set their proprietary goals and objectives above all A critical examination of the role of various financial sales people, advisors, planners, and consultants A guide to navigating Economic Bias—a conflict of interest involving money—and how it affects every financial decision we make The Ultimate Financial Plan is the application of the resources at your disposal for the purpose of living your life to the fullest, and this book will show you the quickest route to getting started on the path to ultimate success.

gift ideas for wellness: More Than A Mom Ashley Carbonatto, 2020-08-09 The daunting and not-for-faint-of-heart journey of motherhood is best survived with the humor and wit of Ashley Carbonatto's story telling and no-nonsense guide to the world's hardest job. From heart-felt to hilarious, Ashley's own path of motherhood has been a faith-journey through unexpected ups and downs of learning to re-discover her identity that motherhood tried to strip away. With tales of daily loneliness, anxiety and postpartum along with lessons of growth, self-discovery, and friendship, this book is the guide from a sister in the trenches that will meet the everyday mom right where she's at. Whether you're a first-time mom trying to find up from down and make sense of your newly-acquired job title, or the experienced veteran crawling to the finish line of bedtime with wheels missing and your wagon on fire, More Than A Mom will be your encouragement, source of humor, and honest companion. With a lack of short cuts and five-star resorts on this path, this is the guide for the everyday mom to find freedom in the woman she was created to be as she looks to find purpose in the mundane & monotonous tasks that come along with motherhood. Ashley Carbonatto is a domestically underachieving mom-of-three who juggles all the things. She's a gatherer of people, a welcomer to the outsider, a storyteller to the tired, and an entertainer to the downcast. After leaving a successful career, she re-discovered her voice and renewed purpose in motherhood, but in her own unconventional way. You need homemade frosting? She's not the one you call. But you need a good story and honest reflection? Ashley's your woman. She lives in Issaquah, Washington with her husband & three minions, and always has a drink in the fridge for anyone who stops by.

gift ideas for wellness: The Wellness Remodel Christina Anstead, Cara Clark, 2020-04-14 The star of HGTV's Flip or Flop Christina Anstead partners with celebrity nutritionist Cara Clark to help women remodel their lives—in mind, body and spirit. Christina Anstead, star of HGTV's Flip or Flop and Christina on the Coast, is known for her boundless energy, positive attitude, and radiant looks. But what was hidden from fans of her popular television shows was a very real health crisis, including a diagnosis of autoimmune disease, infertility, and the emotional and physical exhaustion of going through a divorce with two young children—all in the public eye. The stress of managing it all wreaked even more havoc on her already strained body. It wasn't until Christina met nutritionist Cara Clark that she discovered a path that allowed her to regain her health and heal in body and mind. In The Wellness Remodel, Christina chronicles her health journey and shares what she's

learned about the importance of creating balance and prioritizing physical and mental self-care. Divided into three parts—"Gut Rehab" (food and nutrition); "Building a Strong Foundation" (exercise); and "The Rewire" (mindfulness)—the book will be an accessible guide to full-body wellness, offering simple strategies anyone can put into action for immediate results. Christina and Cara will also share their simple cooking strategies built for the real world of working parents and busy weeknights, including sixty of their favorite recipes, complete with beautiful photos and easy-to-follow instructions. Inspiring, informative, fun, and empowering, *The Wellness Remodel* will give readers everything they need to nourish the body, keep it strong, and help their spirit flourish.

gift ideas for wellness: Modern Comfort Food Ina Garten, 2020-10-06 #1 NEW YORK TIMES BESTSELLER • A collection of all-new soul-satisfying dishes from America's favorite home cook! ONE OF THE BEST COOKBOOKS OF THE YEAR: The New York Times Book Review, Food Network, The Washington Post, The Atlanta Journal-Constitution, Town & Country In *Modern Comfort Food*, Ina Garten shares 85 new recipes that will feed your deepest cravings. Many of these dishes are inspired by childhood favorites—but with the volume turned way up, such as Cheddar and Chutney Grilled Cheese sandwiches (the perfect match for Ina's Creamy Tomato Bisque), Smashed Hamburgers with Caramelized Onions, and the crispiest hash browns that are actually made in a waffle iron! There are few things more comforting than gathering for a meal with the ones you love, especially when dishes like Cheesy Chicken Enchiladas are at the center of the table. Old-fashioned crowd pleasers like Roasted Sausages, Peppers, and Onions are even more delicious and streamlined for quick cleanup. For dessert? You'll find the best Boston Cream Pie, Banana Rum Trifle, and Black and White Cookies you'll ever make. Home cooks can always count on Ina's dependable, easy-to-follow instructions, with lots of side notes for cooking and entertaining—it's like having Ina right there beside you, helping you all the way. From cocktails to dessert, from special weekend breakfasts to quick weeknight dinners, you'll find yourself making these cozy and delicious recipes over and over again.

gift ideas for wellness: Staying Healthy with the Seasons Elson M. Haas, 2012-09-04 Nature's cycles affect not only the external climate, but also our internal health and mental well-being. With this as its primary tenet, *STAYING HEALTHY WITH THE SEASONS* revolutionized the fields of preventive and integrated medicine when it was first published in 1981, and introduced a seasonal approach to nutrition, disease prevention, and mind-and-body fitness. A leading practitioner of the season-based lifestyle theory, Dr. Elson Haas provides simple, logical advice for achieving glowing good health: Bring the mind and body into balance with the earth, and consume a diet that emphasizes in-season, chemical-free foods. Joining Western and Eastern medicines with seasonal nutrition, herbology, and exercise practices, this timeless classic, revised for the 21st century, provides the keys to staying healthy from spring right on through winter. • A landmark text in mind/body health and seasonal nutrition, revised for the new millennium, with a new introduction, updated resources, and extended appendices. • Makes seasonal recommendations for detoxification, diet, and exercise programs. • Previous edition has sold over 125,000 copies.

gift ideas for wellness: Wellness by Design Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your

home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

gift ideas for wellness: Reclaiming Wellness Jovanka Caires, 2022-04-19 If you've ever felt left out of "elite" healthcare regimes or thought that being healthy shouldn't be expensive, this book is for you. Reclaiming Wellness explores today's most effective wellness practices — and their multicultural sources — in a way that makes overall health accessible to all. The book provides: practical, affordable, delicious, and fun ways to incorporate plant-based whole foods into even the most time-crunched routine lazy-proof means of movement that feel more like self-love than dreaded exercise techniques of mindfulness, meditation, and visualization that make them meaningful everyday tools ways to experience nature, music, and community to heal and connect

gift ideas for wellness: In Real Life Leticia Sala, 2020-09-01 In Real Life: An Online Love Story is the first of its kind—a bilingual novel-in-poetry written by popular Spanish-language poet Leticia Sala. In Real Life is not only about a young Barcelona woman who finds romance online thousands of miles away in New York City, it is also an ode to the titanic effort required in staying loyal to a commitment and her own individuality in the silicon age. Told in a poetic key, the fate of this couple, whose relationship begins with love at first like, offers a fractured mosaic of essential moments crowded with insecurities and urban neuroses, both contemporary and universal. The characters in the work of Leticia Sala seek light in the chaos churned out by modern culture and are always treated by the author with compassion, regard, and respect for their unfolding desires. In Real Life captures our infatuation with technology and finding new ways of relating to one another, our fascination with travel and language, and our age-old obsession with that right to love and feel loved.

gift ideas for wellness: True Heart Intuitive Tarot, Guidebook and Deck Rachel True, 2020 An exquisite tarot card deck and guidebook boxed set by Rachel True, best known as the co-star of the cult-classic movie The Craft--

gift ideas for wellness: Unconventional Medicine Chris Kresser, 2017-09-06 The world is facing the greatest healthcare crisis it has ever seen. Chronic disease is shortening our lifespan, destroying our quality of life, bankrupting governments, and threatening the health of future generations. Sadly, conventional medicine, with its focus on managing symptoms, has failed to address this challenge. The result is burned-out physicians, a sicker population, and a broken healthcare system. In Unconventional Medicine, Chris Kresser presents a plan to reverse this dangerous trend. He shows how the combination of a genetically aligned diet and lifestyle, functional medicine, and a lean, collaborative practice model can create a system that better serves the needs of both patients and practitioners. The epidemic of chronic illness can be stopped, if patients and practitioners can adapt.

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