

just jill beauty and wellness

Just Jill Beauty and Wellness: Your Journey to Radiant Health and Confidence

Are you ready to unlock your inner radiance? Feeling overwhelmed by the endless stream of beauty and wellness advice online? At Just Jill Beauty and Wellness, we believe in a holistic approach – one that nourishes your mind, body, and soul. This comprehensive guide dives deep into the Just Jill philosophy, offering practical tips and insights to help you achieve your unique beauty and wellness goals. We'll explore everything from skincare routines and mindful living to healthy eating habits and stress management techniques. Get ready to embark on a transformative journey towards a healthier, happier, and more confident you!

Understanding the Just Jill Beauty and Wellness Approach

The Just Jill philosophy centers around the idea that true beauty comes from within. It's not about chasing fleeting trends or unrealistic ideals; it's about embracing your natural beauty while nurturing your overall well-being. We champion a personalized approach, recognizing that what works for one person might not work for another. Our approach is built on three core pillars:

1. **Holistic Self-Care:** This involves a mindful approach to all aspects of your life. It's about prioritizing sleep, managing stress effectively, engaging in regular physical activity, and fostering positive relationships. We encourage you to listen to your body and mind, understanding your unique needs and limitations.
1. **Nourishing Your Body:** What you put into your body directly impacts your external appearance and internal health. We advocate for a balanced diet rich in whole foods, plenty of hydration, and mindful eating habits. This doesn't mean restrictive dieting; rather, it's about making conscious choices that fuel your body and enhance your well-being.
1. **Sustainable Beauty Practices:** We focus on using high-quality, ethically sourced products that are kind to your skin and the environment. This

includes understanding ingredient lists, avoiding harmful chemicals, and opting for sustainable packaging. We'll explore specific product recommendations and DIY recipes throughout this guide.

Skincare Routines Tailored to You

Achieving healthy, radiant skin starts with a consistent skincare routine. However, finding the right products and techniques for your skin type is crucial. Just Jill Beauty and Wellness isn't about pushing a one-size-fits-all solution. Instead, we empower you to understand your skin's unique needs:

Identifying Your Skin Type: Are you oily, dry, combination, or sensitive? Understanding your skin type helps you choose the right products and avoid irritation. We'll provide guides and quizzes to help you determine your skin type.

Building a Basic Skincare Routine: A simple yet effective routine typically involves cleansing, toning, moisturizing, and sun protection. We'll break down each step, recommending specific product types and explaining how to incorporate them into your daily routine.

Addressing Specific Skin Concerns: Whether you're dealing with acne, wrinkles, hyperpigmentation, or dryness, we'll provide targeted advice and product recommendations to address your specific concerns. We'll also delve into the benefits of natural ingredients and DIY remedies.

The Importance of Sun Protection: Sun damage is a major contributor to premature aging and skin problems. We'll stress the importance of daily sunscreen application, regardless of the weather.

Mindfulness and Stress Management for Inner Radiance

Inner peace and outer beauty are inextricably linked. Chronic stress can manifest physically, leading to skin problems, fatigue, and a general lack of vitality. Just Jill Beauty and Wellness emphasizes the importance of incorporating mindfulness practices into your daily life:

The Power of Meditation: Even a few minutes of daily meditation can significantly reduce stress levels and improve mental clarity. We'll share guided meditation techniques and resources to help you get started.

Yoga and Exercise: Physical activity is crucial for both physical and mental well-being. Yoga, in particular, combines physical postures with mindfulness and deep breathing, offering a powerful way to manage stress.

Stress-Reducing Techniques: We'll explore various stress-reduction techniques, including deep breathing exercises, spending time in nature, and engaging in hobbies you enjoy.

Prioritizing Sleep: Adequate sleep is essential for cellular repair and overall well-being. We'll share tips for improving your sleep hygiene and creating a relaxing bedtime routine.

Nutrition and Healthy Eating Habits

A balanced diet plays a vital role in achieving radiant health and beauty. Just Jill Beauty and Wellness promotes a nourishing approach to eating, focusing on whole foods and mindful eating practices:

The Importance of Hydration: Water is crucial for maintaining healthy skin and overall bodily functions. We'll discuss the importance of staying hydrated and suggest ways to increase your water intake.

Choosing Nutrient-Rich Foods: We'll explore the benefits of various fruits, vegetables, and other nutrient-rich foods that contribute to healthy skin and overall well-being.

Mindful Eating: Paying attention to your body's hunger and fullness cues can prevent overeating and promote healthier eating habits. We'll share mindful eating techniques to help you cultivate a healthier relationship with food.

Limiting Processed Foods and Sugar: Processed foods and excessive sugar intake can negatively impact your skin and overall health. We'll provide guidance on reducing your consumption of these items.

Conclusion

Your journey to radiant health and confidence with Just Jill Beauty and Wellness is a personal one. It's about embracing self-care, nourishing your body, and cultivating a positive mindset. By incorporating the principles discussed in this guide – holistic self-care, nourishing nutrition, sustainable beauty practices, and mindful stress management – you'll be well on your way to achieving your unique beauty and wellness goals. Remember, consistency and self-compassion are key. Embrace the process, celebrate your progress, and enjoy the journey!

FAQs

1. What makes Just Jill Beauty and Wellness different? Just Jill focuses on a holistic, personalized approach, emphasizing inner well-being as the foundation of true beauty, unlike many programs that focus solely on superficial changes.

1. Are the skincare recommendations suitable for all skin types? While we

provide general guidelines, it's crucial to identify your specific skin type and adjust recommendations accordingly. Consult a dermatologist if you have severe skin conditions.

1. How long will it take to see results? Results vary depending on individual factors and consistency. Be patient, consistent with your routines, and celebrate small victories along the way.
1. Is Just Jill Beauty and Wellness expensive? Not necessarily! Many of the recommended practices are cost-effective, emphasizing natural ingredients and mindful living.
1. Where can I find more information and support? Follow our social media channels (links will be provided here in a future iteration of this post) for updates, tips, and community support. We aim to build a supportive community where you can share your journey and find inspiration.

just jill beauty and wellness: *Crazy Sexy Diet* Kris Carr, Sheila Buff, 2011-01-17 The author of the best-selling *Crazy Sexy Cancer Tips* and *Crazy Sexy Cancer Survivor* takes on the crazy sexy subject of what and how we eat, drink, and think. Crazysexydiet.com On the heels of Kris Carr's best-selling cancer survival guidebooks and her acclaimed TLC documentary comes her new journey into a realm vital to anyone's health. Infused with her signature sass, wit and advice-from-the-trenches style, *Crazy Sexy Diet* is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a great ass! Along with help from her posse of experts, Carr lays out the fundamentals of her Crazy Sexy Diet: a low-glycemic, vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods, nourishing organic green drinks, and scrumptious smoothies. Plus, she shares the steps of her own twenty-one-day cleanse, and simple but delectable sample recipes. In ten chapters with titles such as, "pHabulous," "Coffee, Cupcakes and Cocktails," "Make Juice Not War," and "God-Pod Glow," Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair. In addition to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches—advice that draws both on her personal experience as a cancer survivor and that of experts—she provides helpful hints on natural personal care, how to stretch a dollar, navigate the grocery store, eating well on the run, and working through the inevitable pangs and cravings for your old not-so-healthy life. *Crazy Sexy Diet* is a must for anyone who seeks to be a confident and sexy wellness warrior.

just jill beauty and wellness: *The Park Avenue Face* Andrew Jacono, 2019-05-07 Your face defines you. It influences how people perceive you at work, at play, and even at home. But what if

something about your face doesn't make you feel like the real you? In *The Park Avenue Face*, dual board-certified facial plastic and reconstructive surgeon Dr. Andrew Jacono reveals how to achieve flawless, undetectable plastic surgery so you can fix what you don't like, restore what you've lost, or prevent signs of aging. From his elite Park Avenue aesthetic surgery center, Dr. Jacono has enhanced tens of thousands of faces not by prescribing an arbitrary standard of beauty, but by amplifying each patient's individual beauty for totally natural results. A global authority in advanced facial plastic surgery, he has presented clinical research and conducted live surgery in front of peer audiences at over 100 plastic surgery symposiums around the world, including at Harvard, Yale and Stanford Universities. Now, he's ready to share his expertise with you. High-end Park Avenue clients want to fight the signs of aging while highlighting their best features. They want lips that look like their own lips, eyes that look like their own eyes. They want facial features in line with their ethnicities. Park Avenue clients want to look powerful yet approachable, wise yet fresh, and above all, natural. With Dr. Andrew Jacono's advice, you can have the Park Avenue Face no matter who you are or where you live. The Park Avenue Face also highlights a trend unique to the United States—a distinct difference between conceptions of beauty on the west coast versus the east coast. Where the West Coast Style is often about changing your personal signature, the East Coast Style prioritizes maintaining your personal signature. Through this up-close look at coastal trends, the reader will learn how to define and achieve a natural look—a face that reflects the person they have always been, and the person they strive to be, not someone they don't recognize in the mirror. If you want a face with character and depth that looks ageless and don't want a stretched, artificial or generic look, Dr. Jacono will show you how to get there. If you are considering any kind of facial enhancement, from minor and non-invasive treatments such as simple injections or a laser treatment to more involved surgical procedures such as a full-on facelift, this is your resource. The Park Avenue Face will show you how to avoid the quacks, the fads, the financial waste, and the dangers. Dr. Jacono will help you determine how you want to look and how best to get there. Featuring fascinating patient anecdotes, dozens of before-and-after photographs showing what the various procedures can accomplish and line drawings by veteran medical illustrator William Winn, this comprehensive guide will fully prepare you to step into a doctor's office and discuss your facial enhancement options. You'll know how each treatment works, how long you will take to recover, and how much change you can expect. If there is something about your face you think is holding you back—decide if making a change is right for you. Let *The Park Avenue Face* guide you to becoming your best you.

just jill beauty and wellness: *Roll Model* Jill Miller, 2014-11-04 Pain is an epidemic. It prevents you from performing at your best because it robs you of concentration, power, and peace of mind. But most pain is preventable and treatable, and healing is within your grasp. Hundreds of thousands of people around the globe have taken life “by the balls” and circumvented a dismal future of painkillers, surgeries, and hopelessness by using Jill Miller’s groundbreaking Roll Model Method. The Roll Model gives you the tools to change the course of your life in less than 5 minutes a day. You are a fully equipped self-healing organism, and this book will guide you through easy-to-perform self-massage techniques that will erase pain and improve your performance in whatever activities you pursue. The Roll Model teaches you how to improve the quality of your life no matter your size, shape, or condition. Within these pages you will find: • Inspiring stories of people just like you who have altered the course of their lives by using the Roll Model Method • Accessible explanations of how and why this system works based on the science of your body and the physiological effects of rolling • Step-by-step rolling techniques to help awaken your body’s resilience from head to toe so that you have more energy, less stress, and greater performance Whether you’re living with constant discomfort, seeking to improve your mobility, or trying to avoid medication and surgery, this book provides empowering and effective solutions for becoming your own best Roll Model.

just jill beauty and wellness: *Big Wild Love* Jill Sherer Murray, 2020-05-12 Jill Sherer Murray lived in a dead-end relationship into her forties before she finally let it go. She was like millions of

women who struggle with whether to stay in a loveless marriage, a bad relationship, or give up on dating altogether, believing love isn't in the cards. You may be struggling with a similar decision yourself. Perhaps you're terrified of being single, and yet you don't truly feel you're living the life you want. With warmth and honesty, Murray shows you how letting go—of feeling stuck, afraid, and alone, and of believing what you've got is all you deserve—can free you from a life that isn't serving you. She knows this is true, because she did it herself—and ultimately attracted the love and life she wanted. Through her story, other women's stories, surprising facts and statistics, and helpful exercises, *Big Wild Love* will show you the way back to the self you've lost. It will put you on the path to change and teach you that, wherever you are, it's never too late to start anew and find the *Big Wild Love* you deserve.

just jill beauty and wellness: The Ultimate College Student Health Handbook Jill Grimes, 2020-05-05 2022 Bookauthority: Best College Ebooks of All Time: Winner 2022 American Writing Awards Nonfiction Health Category: Winner 2022 IAN Book of the Year Outstanding Non-Fiction Health/Medicine: Winner 2022 International Impact Book Award Winner 2021 Gold Medal Florida Authors & Publishers Association Presidents Award: Health Category 2021 Gold Medal Winner of the International Book Award: Health Category 2021 Silver Medal Winner of the Nautilus Award: Health, Healing, Wellness & Vitality 2021 Independent Press Award Distinguished Favorite: Health & Fitness 2021 New York City Big Book Award Distinguished Favorite in the Health & Fitness category 2021 Firebird Speak Up Talk Radio Winner 2021 Readers' Favorite Gold Medal: Young Adult Nonfiction 2020 Gold Medal Winner of the Literary Titan Award 2020 American Book Fest Best Book Awards Winner: College Guides Consider this *College Health 101*—an award-winning guide to what students really want (or need) to know about their mental and physical health when they're away from home. College students facing their first illness, accident, or anxiety away from home often flip-flop between wanting to handle it themselves and wishing their parents could swoop in and fix everything. Advice from peers and “Dr. Google” can be questionable. The *Ultimate College Student Health Handbook* provides accurate, trustworthy, evidence-based medical information (served with a dose of humor) to reduce anxiety and stress and help set appropriate expectations for more than fifty common issues. What if you can't sleep well (or can't sleep at all) in your dorm room? What if a pill “gets stuck” in your throat? What if your roommate falls asleep (or passes out) wearing contacts, and wakes up with one painfully stuck? Your friend's terrible sore throat isn't Strep or Mono? What else could it be? What should you do for food poisoning? When do you really need X-rays for a sprained ankle or injured toe? What helps severe test anxiety or fear of public speaking? Dr. Jill Grimes has the answer to these questions and many more. Her guidebook is designed to help you: Decide if and when to seek medical help Know what to expect when you get there Plan for the worst-case scenario if you don't seek help Learn how you can prevent this in the future Realize what you can do right now, before you see a doctor Understand the diagnostic and treatment options Got questions about tattoos, smoking, vaping, pot, and piercings? No worries, Dr. Grimes has covered those topics, too, as well as a few things you might not know about the use and abuse of stimulant (ADD) prescription medications. Pair this book with the *DIY First Aid Kit* detailed in the bonus section to help you, your roommates, and your friends have a healthier, happier semester!

just jill beauty and wellness: My Stroke of Insight Jill Bolte Taylor, 2008-05-12 Transformative...[Taylor's] experience...will shatter [your] own perception of the world.—ABC News The astonishing New York Times bestseller that chronicles how a brain scientist's own stroke led to enlightenment On December 10, 1996, Jill Bolte Taylor, a thirty-seven- year-old Harvard-trained brain scientist experienced a massive stroke in the left hemisphere of her brain. As she observed her mind deteriorate to the point that she could not walk, talk, read, write, or recall any of her life—all within four hours—Taylor alternated between the euphoria of the intuitive and kinesthetic right brain, in which she felt a sense of complete well-being and peace, and the logical, sequential left brain, which recognized she was having a stroke and enabled her to seek help before she was completely lost. It would take her eight years to fully recover. For Taylor, her stroke was a blessing and a revelation. It taught her that by stepping to the right of our left brains, we can uncover feelings of

well-being that are often sidelined by brain chatter. Reaching wide audiences through her talk at the Technology, Entertainment, Design (TED) conference and her appearance on Oprah's online Soul Series, Taylor provides a valuable recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone.

just jill beauty and wellness: Thirties Jill Andrews, 2020-03-27 Tenderly, hauntingly, and without fear, the thirteen sections in *Thirties* chronicle Andrews' journey through a decade rife with both beauty and brutality. Each song-inspired vignette is further enlivened by thoughtfully curated photos, revealing experiences that are at once both universal and intimate. In this visual storytelling companion to her upcoming album release of the same name, Andrews explores the isolation and the joy of motherhood, the loss of a lover and partner, and the experience of growing older in a world that expects you to stay young forever. *Thirties* resists contemplating the big, loud questions of the world, and rather, invites readers to find rest in knowing and loving themselves.

just jill beauty and wellness: My New Roots Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. *My New Roots* draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

just jill beauty and wellness: The Beauty Detox Foods Kimberly Snyder, 2013-03-26 Snyder, author of the bestselling *The Beauty Detox Solution* and one of Hollywood's top celebrity nutritionists and beauty experts, shares the top 50 beauty foods that will make readers more beautiful from the inside out.

just jill beauty and wellness: Social Media Wellness Ana Homayoun, 2017-07-27 Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, *Social Media Wellness* is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: Manage distractions Focus and prioritize Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. *Tips From Teens On Promoting Social Media Wellness* Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but *Social Media Wellness* is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world. —Jessica Lahey, Author of *The Gift of Failure* This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know. —Rachel Simmons, Author of *The Curse of the Good Girl* Read About Ana Homayoun in the news: *NYTimes*, *The Secret Social Media Lives of Teenagers* *NYTimes*, *How to Help Kids Disrupt 'Bro Culture'*

Pacific Standard, Holier Than Thou IPO: Snapchat and Effective Parenting Parenttoolkit.com, Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat Los Angeles Review of Books, Life and Death 2.0: When Your Grandmother Dies Online Chicago Tribune, Social Media Footprints are Nothing New, So What Were those Harvard Students Thinking? Today Show, 9 Tips to Help Teens Manage Their Social Media Footprint 5 Ways Parents Can Help Kids Balance Social Media with the Real World

just jill beauty and wellness: Community Health and Wellness Anne McMurray, Jill Clendon, 2010 A socio-ecological approach to community health and the promotion of health care across the lifespan, with an increased emphasis on health literacy, intervention and health promotion.

just jill beauty and wellness: *The H-Spot* Jill Filipovic, 2017-05-02 What do women want? The same thing men were promised in the Declaration of Independence: happiness, or at least the freedom to pursue it. For women, though, pursuing happiness is a complicated endeavor, and if you head out into America and talk to women one-on-one, as Jill Filipovic has done, you'll see that happiness is indelibly shaped by the constraints of gender, the expectations of feminine sacrifice, and the myriad ways that womanhood itself differs along lines of race, class, location, and identity. In *The H-Spot*, Filipovic argues that the main obstacle standing in-between women and happiness is a rigged system. In this world of unfinished feminism, men have long been able to have it all because of free female labor, while the bar of achievement for women has only gotten higher. Never before have women at every economic level had to work so much (whether it's to be an accomplished white-collar employee or just make ends meet). Never before have the standards of feminine perfection been so high. And never before have the requirements for being a good mother been so extreme. If our laws and policies made women's happiness and fulfillment a goal in and of itself, Filipovic contends, many of our country's most contentious political issues -- from reproductive rights to equal pay to welfare spending -- would swiftly be resolved. Filipovic argues that it is more important than ever to prioritize women's happiness-and that doing so will make men's lives better, too. Here, she provides an outline for a feminist movement we all need and a blueprint for how policy, laws, and society can deliver on the promise of the pursuit of happiness for all.

just jill beauty and wellness: *Friends Like Us* Sarah Mackenzie, 2021-01-26 Fans of Netflix's *Virgin River*, Jill Shalvis, and Susan Mallery will fall in love with this heartwarming, relatable, and charming beach read, where two best friends discover second chances only happen once in a lifetime. After a cancer scare turns out to be a false alarm, Bree Robinson decides it's time to swim outside her comfort zone. Together with her best friend, Jill, she forms an anti-bucket list -- starting with a steamy fling. Only it turns out that her one-night stand is also the handsome architect renovating her house -- and the chemistry between them is off the walls. Ever since a motorcycle accident took her husband's life, Jill Kelly has been living on autopilot. Even when she learns the fairy tale Maine cottage they once dreamed of owning is up for sale, she isn't sure she's ready to let go -- or open her heart to the idea of starting over. Bree may be diving headfirst into her new lease on life, but Jill is doing all she can just to stay afloat. And when Bree discovers Jill has been hiding a devastating secret all these years, the waters muddy even more. Can Bree and Jill find strength in themselves and each other to embrace the second chances they've been given?

just jill beauty and wellness: **The Greatest College Health Guide You Never Knew You Needed** Jill Henry, Dave Henry, 2021-06-01 ***2022 Independent Press Award: Winner, Young Adult*** ***American Book Fest Best Book Award: Winner, College Guides*** ***NYC Big Book Award: Distinguished Favorite, Health/Fitness*** ***Readers Favorite Book Award: Bronze Medalist, Health/Fitness*** ***Living Now Book Award: Bronze Medalist, Health/Wellness*** ***Firebird Book Award: Winner, Health*** ***Literary Titan: Gold Award Winner*** The coach's guide to beating the Freshman Fifteen, Sophomore Slump, crippling anxiety, and your worst hangover! Learn to take care of yourself, and de-stress throughout your undergrad years and beyond. Every fall, millions of young adults crash into college fired up for the best four years of their lives, ready to experience campus life, take classes about things they're interested in, and meet people from all over the world. Most students, however, are better prepared to pick their major or talk to strangers than they are to

take care of themselves in the college setting. College students today are more depressed, anxious, and stressed than previous waves of students; they're also more sedentary, not really exercising, and living in a meal-plan limbo supplemented with ramen and coffee. In this comprehensive field guide, high school coaches Jill and Dave Henry break down the facts and deliver doable, no-BS strategies for managing physical and mental health on campus. In addition to helpful, interactive graphics, the coaches share their relatable true stories—ranging from the ridiculous to the serious—to discuss the five biggest health obstacles students face in college. On top of research-backed tips, *The Greatest College Health Guide You Never Knew You Needed* also features raw and personal advice from current students on college campuses across the country. While simply figuring out what to eat and how to exercise can be completely overwhelming, this guide goes beyond a basic crash course on how to be healthy. Jill and Dave cover everything from crucial time-management skills to the complex sensitivity of self-doubt, sexual assault, and depression with humor, humility, and heart. *The Greatest College Health Guide You Never Knew You Needed* is a complete road map for how to take care of your mind and body that will not only set students up to crush the next four years, but will also provide a foundation they can carry with them for the rest of their lives.

just jill beauty and wellness: Momzillas Jill Kargman, 2008-04-08 A hilarious and deliciously scathing send-up of motherhood as practiced in the upper echelons of Manhattan society, from the coauthor of *The Right Address* and *Wolves in Chic Clothing*. The mothers on Manhattan's chic Upper East Side are highly educated, extremely wealthy, and very competitive. They throw themselves and all of their energy and resources into full-time child rearing, turning their kids into the unwitting pawns in a game where success is measured in precocious achievements, jam-packed schedules, and elite private-school pedigrees. Hannah Allen has recently moved to the neighborhood with her New York City-bred investment banker husband and their two-year-old daughter, Violet. She's immediately inundated by an outpouring of advice from her not-so-well-intentioned new friends and her overbearing, socially conscious mother-in-law, who coach her on matters ranging from where to buy the must-have \$300 baby dress to how to get into the only pre-pre-preschool that counts. Despite her better instincts and common sense, Hannah soon finds herself caught up in the competitive whirl of high-stakes mothering.

just jill beauty and wellness: Body by Breath Jill Miller, 2023-02-28 In the hierarchy of life, breath always wins. It persists 22,000 times daily, but you get to decide whether the way you breathe is to your benefit or detriment. Breath becomes compromised by stress, disease, and the environmental trappings of progress; you can still breathe under this pressure, but it leads to poor breathing habits that slowly whittle away at your health. In *Body by Breath*, bestselling author Jill Miller takes you on a journey through your breathing body and presents more than 100 step-by-step techniques and practices to help you master the body-breath connection and reset your physiology. This book explores four primary types of resilience-building exercises—breathwork, movement, rolling, and non-sleep deep rest—to help you achieve • Greater power, endurance, and recovery ability • Enhanced self-regulation skills • Supercharged executive function • Relief from pain, injuries, and chronic conditions • Freedom to feel, connect, and express stored emotions Jill shares her scientifically supported methods so you can Train and modulate your body and nervous system for reduced stress, improved mobility, and whole-body resilience Discover the latest findings in breath and fascia research and get the most out of breathwork practice by including more of your body's parts in the mix Map the vast reach of the diaphragm and feel how it intermingles with everything in your body. You'll travel the pathways of the vagus nerve and trace miles of fascial intersections beneath your skin to unlock your body's regenerative reservoir. If you have struggled with traditional meditation practices because remaining still spikes your anxiety and leaves you feeling agitated and fidgety, *Body by Breath* presents innovative alternatives designed for your unique nervous system. This inclusive approach allows you to reap the benefits of relaxation, restoration, and regeneration. Take these practices into your life and renew the way you embody breath.

just jill beauty and wellness: M Is for Mama Abbie Halberstadt, 2022-02-01 Mama of ten

Abbie Halberstadt helps women humbly and gracefully rise to the high calling of motherhood without settling for mediocrity or losing their minds in the process. Motherhood is a challenge. Unfortunately, our worldly culture offers moms little in the way of real help. Mamas only connect to celebrate surviving another day and to share in their misery rather than rejoice in what God has done and to build each other up in hard times. There has to be a better way, a biblical way, for mamas to grow and thrive. As a daughter of Christ, you have been called to be more than an average mama. Attaining excellence doesn't have to be unsettling but it will take committed focus and a desire to parent well according to God's grace and for His glory. M is for Mama offers advice, encouragement, and scripturally sound strategies seasoned with a little bit of humor to help you embrace the challenge of biblical motherhood and raise your children with love and wisdom. Mama, you are worthy of the awesome responsibility God has given you. Now it's time to start believing you can live up to it.

just jill beauty and wellness: Release Your Inner Wild Dana Mahon, 2019-08-02 Release Your Inner Wild is for the woman seeking to reconnect with her health, herself and her Wild. The word "wild" is everywhere it seems, but do we know its true meaning? Modern day living has taken us away from our roots of Mother Earth and from our Inner Wild. A woman's true nature is strong, healthy, bold, connected, intuitive, capable, fierce, radiant, powerful, and yes, wild. Through ancient self-care practices, mindful movement, nourishment for the body and mind, and by living authentically in ways that have kept her healthy, strong, grounded and happy, self-declared gypsy-soul, author Dana shows you that at any age and whatever life throws your way, you can become your healthiest, most fulfilled self, and how to reconnect to your Inner Wild. This educational, practical, entertaining, heartfelt and occasionally sassy book speaks boldly to the woman who wants the most out of her life and who wants to be the one to create that for herself, from a place of wellness, self-assurance and ease.

just jill beauty and wellness: Hands Free Mama Rachel Macy Stafford, 2014-01-07 Discover the power, joy, and love of living a present, authentic, and intentional life despite a world full of distractions. If technology is the new addiction, then multitasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this isn't the way it has to be. Special education teacher, New York Times bestselling author, and mother Rachel Macy Stafford says enough is enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. Finding balance doesn't mean giving up all technology forever. And it doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. In these pages, Rachel guides you through how to: Acknowledge the cost of your distraction Make purposeful connection with your family Give your kids the gift of your undivided attention Silence your inner critic Let go of the guilt from past mistakes And move forward with compassion and gratefulness So join Rachel and go hands-free. Discover what happens when you choose to open your heart--and your hands--to the possibilities of each God-given moment.

just jill beauty and wellness: Sprinkle Glitter on My Grave Jill Kargman, 2016 Imagine if New York A-lister Nora Ephron had a love child with America's most-loved comedic scribe, David Sedaris. Their spawn would be Jill Kargman, the bestselling novelist turned satirist and star of Bravo's break-out scripted comedy, *Odd Mom Out*. Now Kargman shares her razor-sharp wit and backhanded wisdom in a deeply observed and outrageously funny collection of musings, lists, essays, and outrages. From the life-affirming outlook she got from her death-obsessed family (including the antithesis to her Goth aesthetic, ray of sunshine sister-in-law Drew Barrymore) to the appreciation for land (and limbs) she got from swimming with sharks off the South African coast, to the adrenaline-pumping experience that is a Gay Pride parade, *Sprinkle Glitter on My Grave* is a book about life, death, and everything that happens in between, that will both entertain and inspire.

just jill beauty and wellness: *Eat Like a Champion* Jill Castle, 2015-07-08 It's hard keeping up with the nutritional needs for kids, and even harder getting them to actually eat many of these foods. Learn how to get your athlete on the right track. With athletic kids, there's even more to pay attention to! Most young athletes are not eating properly to compete--too many convenient but empty calories that are doing them more harm than good. As a result, these young athletes are losing energy when they should be increasing it, feeling deterred when they should be motivated, and decreasing muscle mass when they need it more than ever. Fortunately, with the right nutrition, young athletes can increase their energy, bolster their motivation, gain muscle mass, overcome fatigue, and improve their performance. Registered dietitian and childhood nutrition expert Jill Castle has written this must-read resource for every parent of active kids ages eight through eighteen. In *Eat Like a Champion*, parents will find help in: Tailoring diets for training, competition, and even off-season Finding the best food options, whether at home or on the go Addressing counterproductive or unhealthy patterns Understanding where supplements, sports drinks, and performance-enhancing substances do--and don't--fit in Complete with charts, recipes, and practical meal and snack ideas that can help athletic youngsters eat to win, *Eat Like a Champion* just may be the difference-maker in your athlete's next game!

just jill beauty and wellness: *A Walk In The Park* Jill Mansell, 2012-02-16 *A WALK IN THE PARK* is a Sunday Times bestseller by Jill Mansell, not to be missed by fans of Lucy Diamond and Milly Johnson. Reviewers love Jill's books: 'Glorious, heartwarming, romantic' *Woman & Home* It's been a while, but Lara Carson's back in Bath and lives are set to change as a result. Because Lara left her family and boyfriend Flynn eighteen years ago without a word to anyone. Why has no one heard from her since? Her childhood best friend Evie is thrilled Lara's back and able to share her happiness. Evie's about to walk down the aisle with her dream man, Joel. Or so she thinks... Then there's Flynn Erskine, even more attractive now and stunned to see Lara again. The spark between them is as strong as ever, but how's Flynn going to react when he discovers the secret she's been keeping from him? Oh yes, there's a lot of catching up to be done... What readers are saying about *A Walk In The Park*: 'Big and bold characters fill the page with colour, warmth and humour. I didn't want to put it down or for the story to end' Goodreads reviewer, 5 stars 'I love all of Jill Mansell's books and this is no exception. This is definitely a laugh-out-loud book - entertaining, funny, sad in places and uplifting' Amazon reviewer, 5 stars 'Vivid and realistic... I still linger on the wonderful story' Goodreads reviewer, 5 stars

just jill beauty and wellness: *At Home in the Garden* Carolyne Roehm, 2015-10-27 In this exquisitely lush volume, lifestyle legend Carolyne Roehm celebrates her gardens as outdoor living rooms, revealing how she chooses the plants, flowers, and layouts; how she entertains guests with gorgeous table settings and breathtaking arrangements; and how she savors the hours among the blooms. As Carolyne Roehm says, "It's as simple as this: a garden is like love...a place you venture into with hope, energy, excitement, enchantment, and the greatest of expectations." For Roehm, the garden has always been more than a canvas for beauty. A place where her devoted efforts bear glorious results, the garden is not only a reflection of what has inspired Roehm, but also a font of inspiration from which she draws--for her astonishingly lovely arrangements, her gracious dinner parties, and her new passion for interpreting her flowers in vibrant watercolor paintings. Each of the gardens at her historic Connecticut home, Weatherstone, has been lovingly crafted to serve as an outdoor living room, where the hours may be passed at work, alone, or enjoyed with company. In the Parterre Gardens bordering the south side of the home, Roehm created a fantasy of snow in spring with white tulips and Sargentina crabapple trees. All of the varieties in her Rose Garden were selected for their pulchritude and divine scent, as well as for their ability to bloom twice to satisfy her insatiable thirst for roses. And when the stream through her property offered only an unsatisfying trickle, Roehm replaced it with a river of hostas, primula, bleeding hearts, and rodgersia that sweeps through her Shade Garden. As Roehm accompanies us on the first-ever tour of these marvels, she shares witty and candid stories of the unexpected triumphs and the sometimes-crushing defeats. And always, there is her desire to return to the garden—to tend, to

mend, or to plant anew. A garden is like love, Roehm claims, and indeed, this lavishly illustrated volume is a testament to an enduring, complex, unquestionably personal, and deeply passionate amour.

just jill beauty and wellness: *So You Want to Talk About Race* Ijeoma Oluo, 2019-09-24 In this #1 New York Times bestseller, Ijeoma Oluo offers a revelatory examination of race in America. Protests against racial injustice and white supremacy have galvanized millions around the world. The stakes for transformative conversations about race could not be higher. Still, the task ahead seems daunting, and it's hard to know where to start. How do you tell your boss her jokes are racist? Why did your sister-in-law hang up on you when you had questions about police reform? How do you explain white privilege to your white, privileged friend? In *So You Want to Talk About Race*, Ijeoma Oluo guides readers of all races through subjects ranging from police brutality and cultural appropriation to the model minority myth in an attempt to make the seemingly impossible possible: honest conversations about race, and about how racism infects every aspect of American life. Simply put: Ijeoma Oluo is a necessary voice and intellectual for these times, and any time, truth be told. —Phoebe Robinson, New York Times bestselling author of *You Can't Touch My Hair*

just jill beauty and wellness: *Energy Medicine* Jill Blakeway, 2019-04-02 The first comprehensive look at the groundbreaking field of energy medicine and how it can be used to diagnose and treat illness, from one of the world's foremost practitioners of Traditional Chinese Medicine. Today, more of us than ever are discovering the curative powers of energy medicine. Scientific studies continue to confirm its validity, and medical doctors are regularly prescribing treatments such as acupuncture to their patients. But even for those of us who have benefitted from such treatments, the question remains: what exactly is energy medicine, and how does it work? Acupuncturist and Traditional Chinese Medicine (TCM) scholar Jill Blakeway has been treating patients for more than twenty-five years. For Jill, the term "energy medicine" refers to the wide range of healing modalities used to diagnose and treat illness by manipulating the energy—the vital life force referred to as "qi" in TCM—that pulses through the cells of our bodies. But even this seasoned practitioner admits she doesn't truly understand how some of her patients are healed under her care, and retains a healthy skepticism about her own abilities as well as those of her peers. In *Energy Medicine*, Jill invites us on her global journey to better understand, apply, and explain this powerful healing force. Moving from her own clinic to the halls of academia, she talks to top healers, researchers, and practitioners—from the Stanford and Princeton professors researching the physics behind energy medicine and healing; to a Chinese Qi Gong master who manifests healing herbs directly from her palm; to a team of skeptical scientists who use "hands on" healing to repeatedly cure mammary cancer in mice. She also tells the story of how she discovered energy medicine and became one of the most sought-after healers in the world. Lively, entertaining, and informative, told in Jill's funny, relatable, and wholly grounded voice, *Energy Medicine* bridges the gap between science and spirituality and offers a persuasive, evidence-based case that advances this ancient healing practice.

just jill beauty and wellness: *Everything's Trash, But It's Okay* Phoebe Robinson, 2019-10-15 DON'T MISS PHOEBE ROBINSON'S COMEDY SERIES EVERYTHING'S TRASH—NOW ON FREEFORM! New York Times bestselling author and star of *2 Dope Queens* Phoebe Robinson is back with a new, hilarious, and timely essay collection on gender, race, dating, and the dumpster fire that is our world. Wouldn't it be great if life came with instructions? Of course, but like access to Michael B. Jordan's house, none of us are getting any. Thankfully, Phoebe Robinson is ready to share everything she has experienced to prove that if you can laugh at her topsy-turvy life, you can laugh at your own. Written in her trademark unfiltered and witty style, Robinson's latest collection is a call to arms. Outfitted with on-point pop culture references, these essays tackle a wide range of topics: giving feminism a tough-love talk on intersectionality, telling society's beauty standards to kick rocks, and calling foul on our culture's obsession with work. Robinson also gets personal, exploring money problems she's hidden from her parents, how dating is mainly a warmed-over bowl of hot mess, and definitely most important, meeting Bono not once, but twice. She's struggled with being a

woman with a political mind and a woman with an ever-changing jeans size. She knows about trash because she sees it every day--and because she's seen roughly one hundred thousand hours of reality TV and zero hours of Schindler's List. With the intimate voice of a new best friend, *Everything's Trash, But It's Okay* is a candid perspective for a generation that has had the rug pulled out from under it too many times to count.

just jill beauty and wellness: *Imperfect Courage* Jessica Honegger, 2018-08-14 Want to make a move but scared to leave your comfort zone? Go anyway. "Jessica's perspective of global sisterhood and the power of lifting each other up in the midst of fear and scarcity is exactly what we need today. This book is both an invitation and a challenge to bravely show up for ourselves, for the people we love, and for the strangers that we will one day call family. I say, Amen!" —Brené Brown, Ph.D., Author of the #1 New York Times bestseller *Braving the Wilderness* In *Imperfect Courage*, the founder of the popular fair trade jewelry brand Noonday Collection shares her story of starting the rapid-growing business that impacts over 4,500 artisans in vulnerable communities across the globe—and invites readers on a journey of transformation, challenging them to trade their comfort zones for a life of impact and adventure. In 2015, Inc. magazine recognized Noonday Collection as one of the fastest-growing companies in America. But years earlier, as Jessica Honegger stood at a pawn-shop counter in Austin, Texas, and handed over her grandmother's gold jewelry, her goal was much more personal: to fund the adoption of her Rwandan son, Jack, by selling artisan-made jewelry. This first step launched an unexpected side-hustle that would grow into Noonday Collection. Jessica embarked on this new journey and teamed up with her first artisan partner, Jalia, a Ugandan jewelry maker. She saw the meaningful impact Noonday brought to Jalia's community and knew it was the right move. Fear crept into Jessica's heart as she realized her success, or failure, meant the same for Jalia. But refusing to let fear hinder her goals, Jessica found the necessary (if imperfect) courage she needed along the way--the courage to leave comfort and embrace a life of risk and impact. Discover Your Imperfect Courage In *Imperfect Courage*, Jessica takes you by the hand and invites you to trade your comfort zone for a life of impact and meaning. • First, she invites you to draw a circle of compassion around yourself and leads you through some soul-searching aimed at setting you free from shame. • Next, she challenges all of us to come together, dare to be vulnerable with one another, and commit to building a culture of collaboration. • Finally, Jessica calls on you to broaden your circle of compassion to embrace the entire globe--and to bring your beautifully imperfect courage to a world that needs you.

just jill beauty and wellness: *Jill's Journey* Jill Robinson, 2016-05-18 A shocking cancer diagnosis in 2014 sent Jill on a journey that led her to many choices to healing. Jill relates her story, from the beginning of her cancer diagnosis, then through the search to find well-being. In this inspirational and empowering book, Jill chronicles her story of the options and choices that she made for her treatments that led her back to vibrant health. She shares the decisions she made for treatments, including medical and holistic options, which ultimately could help others. *Jill's Journey* is not only a remarkable story; she shares definitions, references, and resources that have led her to wellness. Jill is passionate and on a mission to help you on your journey to wellness by sharing her own journey of healing, from a cancer diagnosis to the well-being of body, mind and spirit.

just jill beauty and wellness: *The Violets of March* Sarah Jio, 2020-03-19 The island has a way of calling you home... Ten years ago, Emily Watson was on top of the world: a best-selling novel, a husband plucked from the pages of a magazine, and a one-way ticket to happily ever after. Now her perfect life has crumbled and Emily is left to pick up the pieces. So when her great-Aunt Bee invites her to spend the month of March on her beloved Bainbridge Island, Emily accepts, longing to be healed by the sea. As she begins researching her next book, Emily discovers a red velvet diary, dated 1943, whose contents reveal a startling secret that could change her life forever... A heart-breaking story of love, hope and second chances, from the international bestselling author of *All the Flowers in Paris*

just jill beauty and wellness: *The Winters* Lisa Gabriele, 2018-10-16 A stylish, highly original and completely addictive take on du Maurier's Rebecca. Read it! —Shari Lapena, New York Times

bestselling author of *The Couple Next Door* “Dark and richly atmospheric. . . A bewitching novel about love, lies, and the ghosts that never quite leave us alone.” –Bustle Some secrets never stay buried After a whirlwind romance, a young woman returns to the opulent, secluded Long Island mansion of her new fiancé Max Winter—a wealthy politician and recent widower—and a life of luxury she’s never known. But all is not as it appears at the Asherley estate. The house is steeped in the memory of Max’s beautiful first wife Rebekah, who haunts the young woman’s imagination and feeds her uncertainties, while his very alive teenage daughter Dani makes her life a living hell. She soon realizes there is no clear place for her in this twisted little family: Max and Dani circle each other like cats, a dynamic that both repels and fascinates her, and he harbors political ambitions with which he will allow no woman—alive or dead—to interfere. As the soon-to-be second Mrs. Winter grows more in love with Max, and more afraid of Dani, she is drawn deeper into the family’s dark secrets—the kind of secrets that could kill her, too. *The Winters* is a riveting story about what happens when a family’s ghosts resurface and threaten to upend everything.

just jill beauty and wellness: Pretty Boys David Yi, 2021-06-22 In this inclusive, illustrated history and guide to skin care and beauty, journalist and founder of Very Good Light David Yi teaches us that self-care, wellness, and feeling beautiful transcends time, boundaries, and binaries—and that pretty boys can change the world Chanel and Goop might have seemed ahead of the curve when they launched their men’s beauty and wellness lines, but pharaohs were exfoliating, moisturizing, and masking eons earlier. Thousands of years before Harry Styles strutted down the red carpet with multicolored fingernails, Babylonian army officials had their own personal manicure sets. And BTS might have become an international sensation for their smoky eyes and perfect pouts, but the Korean Hwarang warriors who put on a full face before battle preceded them by centuries. *Pretty Boys* unearths diverse and surprising beauty icons who have redefined what masculinity and gender expression look like throughout history, to empower us to live and look our truths. Whether you're brand new to beauty, or you already have a ten-step routine, *Pretty Boys* will inspire and teach you how to find your best self through tutorials, beauty secrets, and advice from the biggest names in the beauty industry, Hollywood, and social media. From Frank Ocean’s skin-care routine to Clark Gable’s perfectly styled hair, Rami Malek’s subtle eyeliner to a face beat to the gods à la Boy George or Kimchi the drag queen, *K-Beauty* to clean beauty, *Pretty Boys* will completely change the way we all see gender expression and identity.

just jill beauty and wellness: Yes, You Can Get Pregnant Aimee E. Raupp, 2014-05-22 This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

just jill beauty and wellness: Crazy Sexy Cancer Survivor Kris Carr, 2008-09-02 You are a Survivor from Day One On the heels of the acclaimed Learning Channel documentary and best-selling survival guidebook *Crazy Sexy Cancer Tips* comes this survivor's companion. In *Crazy Sexy Cancer Tips* Kris Carr and her posse of Cancer Babes shared their wealth of insights, tricks, how-tos, and hell yeahs for living life with cancer. Now Kris invites all the Cancer Cowgirls (and dudes) out there to chat back and record their own journeys, with this beautifully illustrated, full-color go-anywhere companion. Pairing Kris's signature sass and smart, soulful, real advice with thoughtful exercises, new contributors, and ample space for writing and reflecting, *Crazy Sexy Cancer Survivor* reaffirms that it is possible to live a real, fun, crazy, sexy life—with cancer. Kris shares her wit and wisdom on everything from food and exercise to make-up, meditation, spirituality, dreams, planning for today (and the future), and much, much more. The user-friendly trim size and flexible-cover format meanwhile ensure that this incomparable blend of informative pocket companion and journal can go anywhere—brightening up those hours in hospital waiting rooms, at home, or spent out in the big, wide, wonderful world putting into practice that most precious truth:

healing is about truly living.

just jill beauty and wellness: Simply Julia Julia Turshen, 2021-03-02 “A beautiful, next-level, parent-friendly cookbook that will have a prime position on my counter for a long time to come.” —Jennifer Garner Julia Turshen has always been cooking. As a kid, she skipped the Easy-Bake Oven and went straight to the real thing. Throughout her life, cooking has remained a constant, and as fans of her popular books know, Julia’s approach to food is about so much more than putting dinner on the table—it is about love, community, connection, and nourishment of the body and soul. In *Simply Julia*, readers will find 110 foolproof recipes for more nutritious takes on the simple, comforting meals Julia cooks most often. With practical chapters such as weeknight go-tos, make-ahead mains, vegan one-pot meals, chicken recipes, easy baked goods, and more, *Simply Julia* provides endlessly satisfying options comprised of accessible and affordable ingredients. Think dishes like Stewed Chicken with Sour Cream + Chive Dumplings, Hasselback Carrots with Smoked Paprika, and Lemon Ricotta Cupcakes—the kind of flavorful yet unfussy food everyone wants to make at home. In addition to her tried-and-true recipes, readers will find Julia’s signature elements—her “Seven Lists” (Seven Things I Learned from Being a Private Chef that Make Home Cooking Easier; Seven Ways to Use Leftover Buttermilk; Seven Ways to Use Leftover Egg Whites or Egg Yolks), menu suggestions, and helpful adaptations for dietary needs, along with personal essays and photos and gorgeous food photography. Like Melissa Clark’s *Dinner* or Ina Garten’s *Modern Comfort Food*, *Simply Julia* is sure to become an instant classic, the kind of cookbook that will inspire home cooks to create great meals for years to come.

just jill beauty and wellness: College Admissions Cracked Jill Margaret Shulman, 2019-08-06 How to help your kid navigate the college admissions process -- from scheduling standardized tests to writing essays -- month by month, girlfriend's-guide style. So, your child is a high school junior. You've heard other parents with kids older than yours whisper the word college like it was a terminal disease. You've seen their taut, maniacal grins as they try to hold it together. The process of weathering and conquering the college admissions process with a teenager is a daunting affair for many. Advice will pour in through friends, your child's guidance counselor, and your mother's neighbor's cousin. Thankfully, Jill Margaret Shulman, a college admissions coach, application evaluator, college writing instructor, essayist, author, and empathetic parent, is here to be your fiercest ally. She'll guide you through the entire crazy ritual that college admissions has become, month by month, breath by deep, cleansing breath, until you drop your kid off at college where she will ignore your phone calls and texts. Come as you are -- whether chill or roiling with anxiety -- and Shulman, along with a platoon of experts and fellow parents, will help you maintain your strength and sense of self-worth, so easily lost somewhere between your teenager's screaming, I hate you! You're ruining my life! and typing your credit card number into the College Board's website for the twentieth time. You've got college admissions cracked, and now, this book has got your back.

just jill beauty and wellness: Be Brave, Be Strong Jill Homer, 2011-06 Jill Homer has an outlandish ambition: Racing a mountain bike 2,740 miles from Canada to Mexico along the Continental Divide. But her dream starts to unravel the minute she sets it in motion. An accident on the Iditarod Trail results in serious frostbite. She struggles with painful recovery and growing uncertainties. Then, just two days before their departure, her boyfriend ends their eight-year relationship, dismantling everything Jill thought she knew about life, love and her identity. This is the story of an adventure driven relentlessly forward as foundations crumble. During her record-breaking ride in the 2009 Tour Divide, Jill battles a torrent of anger, self-doubt, fatigue, loneliness, pain, grief, bicycle failures, crashes and violent storms. Each night, she collapses under the crushing effort of this savage new way of life. And every morning, she picks up the pieces and strikes out to find what lies on the other side of the Divide: Astonishing beauty, unconditional kindness, and boundless strength.

just jill beauty and wellness: My Plane Truth Jill Douglas, 2012-02 On January 21, 2006, my husband Terry and I were was enjoying a relaxing couples massage during a romantic getaway and

five hours later we were experiencing 15 terrifying minutes of uncertainty as to whether we would live or die. Our single engine plane had suddenly lost all its power. In those moments of uncertainty, flashing before me was my life... What had I done? What would I miss? And most importantly what was the meaning of those blue eyes that superimposed themselves over Terry's eyes ... minutes before we crashed? The physical and emotional healing was intense, humbling and gratifying while the spiritual path that I had been catapulted onto was certainly uplifting and unfamiliar to me. All my life my soul had been gently nudging me towards my true purpose, now it was hitting me over the head with the messages of ... Love more... have less, simplify your life. Love and forgive myself and others unconditionally. This true story is of my spiritual transformation that took me from having the illusion that all my material accomplishments was all there was for a fulfilling life: to knowing that life was and had already been planned for me, by me well before I incarnated into this body. Surviving this plane crash was only a catalyst towards me fulfilling my true purpose in life. Having a clean slate to begin all over with is a daunting task. Being 47, now widowed and starting over was a daunting task. My faith as about to be tested big time. For from tragedy comes triumph. Having found the owner of 'those eyes' I know I have more work and a much higher purpose in life to fulfill. It took a life threatening and frightening plane crash to make me see the truth... my plane truth. It's truly been a humbling experience and one I consider to be a gift and not a tragedy. The hardest part was simply looking in the mirror and uncovering all my masks that I had thought were protecting me, but in fact were keeping me from knowing my true self.

just jill beauty and wellness: No More Perfect Moms Jill Savage, 2013-01-16 If you have ever forgotten to pick up your kids, accidentally worn two different shoes to the grocery store, or lost your cool over a messy house, YOU ARE NOT ALONE! In No More Perfect Moms, Jill Savage says it how it is: All moms struggle. We fall short of our own standard of excellence, and then we feel insecure about not being the perfect wife with the perfect kids, perfect husband, perfect home, perfect friends, perfect marriage, and perfect body... Jill speaks to the root of the insecurities mothers feel and points to a better way. No More Perfect Moms will help a mom: Change her unrealistic expectations to realistic hopes Give grace and love to her husband and children even during struggles, and discover the beauty of grace when she stops judging herself and others Find freedom from disappointment when she embraces her real family, her real challenges, and her real, but imperfect, life With refreshing honesty, Jill exposes some of her own parental shortcomings and helps mothers everywhere shelve their desires for perfection and embrace God's beautiful grace. When moms do this, they can learn to love their real but imperfect lives. GROUP RESOURCES: FREE video curriculum, a leader's guide, and additional group resources are available for No More Perfect Moms at www.NoMorePerfect.com.

just jill beauty and wellness: Waterlog Roger Deakin, 2014 Inspired by John Cheever's classic short story, 'The Swimmer', Roger Deakin set out from his home in Suffolk to swim through the British Isles. The result of his journey is this personal view of an island race.

just jill beauty and wellness: The Essential Thyroid Cookbook Lisa Markley, Jill Grunewald, 2017 Includes bibliographical references (pages 339-351) and index.

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