

lucky brand wellness mat

Lucky Brand Wellness Mat: Your Gateway to Relaxation and Rejuvenation

Are you tired of stiff muscles, aching joints, and that general feeling of being "off"? Finding the perfect yoga mat, meditation cushion, or even just a comfortable floor mat can be surprisingly difficult. But what if I told you there's a mat designed to elevate your wellness routine, transforming your home into a personal sanctuary? This comprehensive guide dives deep into the world of the Lucky Brand Wellness Mat, exploring its features, benefits, and why it might be the perfect addition to your self-care journey. We'll cover everything from its material and construction to its versatility and overall value, ensuring you have all the information you need before making a purchase. Let's get started!

Understanding the Lucky Brand Wellness Mat: More Than Just a Mat

The Lucky Brand Wellness Mat isn't your average exercise mat. While suitable for yoga, Pilates, and other floor exercises, its design goes beyond the purely functional. It's crafted with intention, focusing on comfort, support, and a sense of well-being. Think of it as an investment in your physical and mental health. This isn't simply about achieving a perfect downward dog; it's about creating a space for relaxation, mindfulness, and self-care.

Superior Comfort and Support: The Foundation of Wellness

One of the key selling points of the Lucky Brand Wellness Mat is its unparalleled comfort. Unlike thin, hard mats that leave you feeling stiff and sore, this mat provides a plush, supportive surface. This is largely due to its [insert specific material, e.g., high-density foam core] which effectively cushions your joints and reduces pressure points, allowing for longer and more enjoyable practice sessions. Whether you're a seasoned yogi or a beginner, this added comfort makes a significant difference in your overall experience. The thickness [insert thickness in cm/inches] is carefully chosen to balance cushioning with stability, preventing excessive sinking or slippage.

Premium Materials and Construction: Built to Last

The Lucky Brand Wellness Mat is built to withstand the test of time. The [insert specific material e.g., durable, non-slip TPE] material is chosen for its resilience, durability, and eco-friendliness. It's resistant to tears, rips, and general wear and tear, making it a worthwhile investment. Furthermore, the [mention any specific features related to material like moisture-wicking properties or antimicrobial properties] ensures that your mat stays fresh and hygienic, even after multiple uses. This attention to detail speaks volumes about the quality and longevity of the product.

Versatility: Beyond Yoga and Pilates

While perfect for yoga and Pilates, the Lucky Brand Wellness Mat's versatility extends far beyond these disciplines. It can be used for:

Meditation: The comfortable cushioning provides the ideal support for extended meditation sessions, allowing you to fully relax and focus on your practice.

Stretching: Its spacious surface provides ample room for a variety of stretches and flexibility exercises.

Floor Exercises: Perfect for strength training, core workouts, and other floor-based exercises.

Child's Play: The soft, safe surface is ideal for children's play, providing a comfortable and cushioned area for playtime activities.

This adaptability makes the Lucky Brand Wellness Mat a truly multi-functional addition to any home.

Eco-Conscious Design: A Commitment to Sustainability

In today's world, environmentally conscious choices are paramount. The Lucky Brand Wellness Mat reflects this ethos through its [mention any eco-friendly aspects of the mat and manufacturing process, e.g., sustainable materials, reduced carbon footprint]. By choosing this mat, you're not only investing in your well-being but also contributing to a more sustainable future.

Easy to Clean and Maintain: Effortless Hygiene

Maintaining the cleanliness of your wellness mat is crucial. The Lucky Brand Wellness Mat is designed for easy cleaning. [Mention specific cleaning instructions, e.g., simply wipe down with a damp cloth or use mild soap and water]. Its durable material resists stains and odors, ensuring it stays fresh and hygienic for extended use.

The Lucky Brand Wellness Mat: A Value Investment in Your Well-being

The Lucky Brand Wellness Mat is more than just a piece of fitness equipment; it's an investment in your overall health and well-being. Its combination of superior comfort, durable construction, eco-friendly design, and versatile applications makes it a standout choice. The price point [mention price range or compare to competitors] reflects the quality and value offered, ensuring you get a product that will serve you well for years to come.

Conclusion

Choosing the right wellness mat can significantly enhance your practice and overall well-being. The Lucky Brand Wellness Mat stands out as a superior option, combining comfort, support, durability, and sustainability in a single, versatile product. Its eco-conscious design and easy maintenance further solidify its appeal. If you're looking to elevate your yoga, meditation, or general relaxation routine, the Lucky Brand Wellness Mat is a worthy investment that will positively impact your physical and mental health for years to come.

FAQs

1. Is the Lucky Brand Wellness Mat slip-resistant? Yes, the mat features a textured surface and is made from a material designed to provide excellent grip, minimizing the risk of slipping during your practice.
1. What is the weight capacity of the Lucky Brand Wellness Mat? The mat can comfortably support up to [insert weight capacity] pounds.
1. Can I use the Lucky Brand Wellness Mat outdoors? While designed primarily for indoor use, the mat can be used outdoors on a dry, level surface. However, prolonged exposure to direct sunlight or extreme weather conditions may affect its lifespan.
1. Does the Lucky Brand Wellness Mat come with a warranty? Yes, it comes with a [insert warranty details, e.g., one-year manufacturer's warranty] against defects in materials and workmanship.
1. Where can I purchase the Lucky Brand Wellness Mat? The mat is available for purchase [mention online retailers or physical stores where it's sold].

This comprehensive guide provides in-depth information about the Lucky Brand Wellness Mat and should assist in your ranking efforts. Remember to regularly update the content and analyze the performance to optimize further.

lucky brand wellness mat: The Ultimate Anxiety Toolkit Risa Williams, 2021-06-21 Anxiety can feel like a huge number of different things to a huge variety of people. No matter the experience, they all have one thing in common: feeling anxiety is never fun. If you're looking to manage your anxious feelings and reduce your stress, this is the book for you. Written by a therapist who specializes in helping people navigate anxiety, the chapters contain 25 creative tools specifically designed to help reduce anxiety in five key areas: stress, social anxiety, anxious thoughts, self-esteem and the future. The tools draw on CBT, mindfulness, narrative therapy, positive psychology and more, and every single one is focused on giving practical advice and simple steps that you can take today to reduce your anxiety and boost your self-esteem.

lucky brand wellness mat: Social Justice Parenting Dr. Traci Baxley, 2021-10-19 "Social Justice Parenting offers guidance and grace for parents who want to teach their children how to

create a fair and inclusive world.”—Diane Debrovner, deputy editor of Parents magazine “Replete with excellent examples and advice that can help parents raise children with a healthy self-image and regard for the welfare of others.—Jane E. Brody, New York Times An empowering, timely guide to raising anti-racist, compassionate, and socially conscious children, from a diversity and inclusion educator with more than thirty years of experience. As a global pandemic shuttered schools across the country in 2020, parents found themselves thrust into the role of teacher—in more ways than one. Not only did they take on remote school supervision, but after the murder of George Floyd and the ensuing Black Lives Matter protests, many also grappled with the responsibility to teach their kids about social justice—with few resources to guide them. Now, in *Social Justice Parenting*, Dr. Traci Baxley—a professor of education who has spent 30 years teaching diversity and inclusion—will offer the essential guidance and curriculum parents have been searching for. Dr. Baxley, a mother of five herself, suggests that parenting is a form of activism, and encourages parents to acknowledge their influence in developing compassionate, socially-conscious kids. Importantly, Dr. Baxley also guides parents to do the work of recognizing and reconciling their own biases. So often, she suggests, parents make choices based on what’s best for their children, versus what’s best for all children in their community. Dr. Baxley helps readers take inventory of their actions and beliefs, develop self-awareness and accountability, and become role models. Poised to become essential reading for all parents committed to social change, *Social Justice Parenting* will offer parents everywhere the opportunity to nurture a future generation of humane, compassionate individuals.

lucky brand wellness mat: Yoga Girl Rachel Brathen, 2015-03-24 A New York Times bestseller from the yoga instructor who inspires more than one million followers on Instagram every day. Whether she’s practicing handstands on her stand-up paddleboard or teaching Downward-Facing Dog to the masses, Rachel Brathen—Instagram’s @Yoga_Girl—has made it her mission to share inspirational messages with people from all corners of the world. In *Yoga Girl*, Brathen takes readers beyond her Instagram feed and shares her journey like never before—from her self-destructive teenage years in her hometown in Sweden to her adventures in the jungles of Costa Rica, and finally to the beautiful and bohemian life she’s built through yoga and meditation in Aruba today. Featuring spectacular photos of Brathen practicing yoga with breathtaking tropical backdrops, along with step-by-step yoga sequences and simple recipes for a healthy, happy, and fearless lifestyle—*Yoga Girl* is like an armchair vacation to a Caribbean spa.

lucky brand wellness mat: Feeding the Frasers Sammy Moniz, 2022-02-22 Based on Sammy Moniz’s popular Instagram page, *Feeding the Frasers* is a book that any CrossFit aficionado—or just someone curious about how to cook with whole foods without sacrificing the world—will want to get their hands on. Filled with 100 terrific recipes of high quality delicious food that promote balance, togetherness, indulgence, and athletic recovery. Sammy Moniz is well known in the CrossFit community as an activist, and she is also the wife of five time champion Mat Fraser, the winningest athlete in CrossFit history and one of the most beloved. This is her cookbook where she shares the secrets behind feeding the greatest champion of the sport.

lucky brand wellness mat: Genius Foods Max Lugavere, Paul Grewal, M.D., 2018-03-20 New York Times Bestseller Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country’s best neurology departments—all in the hopes of understanding his mother’s condition. Now, in *Genius Foods*, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention,

cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called “biochemical liposuction”; and the foods that can improve your happiness, both now and for the long term. With Genius Foods, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain’s health and performance today—and decades into the future.

lucky brand wellness mat: *Life Makeover* Dominique Sachse, 2022-04-05 Have you ever been so overwhelmed by responsibilities or other people’s needs that you forgot to make time for yourself? They say beauty is only skin-deep, but there is power in embracing your outward beauty as the first step in living with internal boldness, confidence, and renewed joy. An outside-in approach to beauty isn’t for other people’s perception of you, but for your interpretation of yourself and how much you’re willing to explore. Sachse has confirmed the unmistakable link between external appearance and self-confidence, and she wants to show you how to rekindle both. In the pages of this book, Sachse offers a vulnerable look into her own mistakes and imperfections and explains how making over her outward appearance resulted in a happier and healthier version of herself—emotionally, spiritually, and physically. Filled with confidence-boosting wisdom about cultivating rest and lifegiving hobbies, Sachse shows you: how making small changes to your outward appearance can be a pathway to building confidence and making other new transformations in your life practical tips about hair, makeup, and fashion from an expert the benefits of taking bold risks - your life is too valuable to be left on autopilot how to analyze your past and see where you self-sabotaged, and look for traits that served you well and can serve you in the future Sachse knows no amount of makeup can compare to the look of a confident, classy, and kind woman, and that there’s nothing like the glow that comes from inner beauty. It’s time to discover—or rediscover—who you really are and live your life to the fullest.

lucky brand wellness mat: *Ask a Manager* Alison Green, 2018-05-01 From the creator of the popular website Ask a Manager and New York’s work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There’s a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don’t know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You’ll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you’re being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate’s loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of Alison Green’s Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

lucky brand wellness mat: *Sunshine Warm Sober* Catherine Gray, 2021-06-10 The long-awaited sequel to *THE UNEXPECTED JOY OF BEING SOBER* 'Exquisite' - Fearne Cotton,

Happy Place 'A paean to the longer-term pleasures of staying booze-free' - The Guardian 'The kind of book that changes lives, and very possibly saves them' - The Lancet Psychiatry 'A reflective, raw and riveting read. A beautiful book on what it takes to root for yourself' - Emma Gannon, Ctrl Alt Delete 'No other author writes about sober living with as much warmth or emotional range as Catherine Gray. Her deep insight into the subtle psychologies of drinking, and of life, means that everything she writes is both utterly relatable and stretches our minds. Hers is a rare wisdom.' - Dr Richard Piper, CEO, Alcohol Change UK What's it like to give up drinking forever? We know now that being teetotal for one, three, even twelve months brings surprising joys and a recharged body... but nothing has been written about going years deep into being alcohol-free. As Catherine Gray, author of runaway success *The Unexpected Joy of Being Sober*, streaks towards a decade sober, she explores this uncharted territory in her trademark funny, disruptive and warm way. This is a must-read for anyone sober-curious, whether they've put down the bottle yet or not. Praise for *The Unexpected Joy of Being Sober*: 'Fascinating' - Bryony Gordon 'Truthful, modern and real' - Stylist 'Brave, witty and brilliantly written' - Marie Claire 'Gray's tale of going sober is uplifting and inspiring' - Evening Standard 'Not remotely preachy' - Sunday Times 'Jaunty, shrewd and convincing' - Sunday Telegraph 'Admirably honest, light, bubbly and remarkably rarely annoying' - Guardian 'An empathetic, warm and hilarious tale from a hugely likeable human' - The Lancet Psychiatry

lucky brand wellness mat: Make This Your Lucky Day Ellen Whitehurst, 2008-12-10 SOME PEOPLE HAVE ALL THE LUCK. THE REST OF US MAKE IT. Let's face it: Most of us think Feng Shui is synonymous with moving furniture. But Feng Shui specialist Ellen Whitehurst has updated this ancient art form and given it her own unique spin. The result is "Lucky Day Shui," which is based on her more than twenty years of training and expertise in Feng Shui, aromatherapy, and other modes of holistic healing. What's more, this approach is a breeze to incorporate into your life, and there's no heavy lifting required! *Make This Your Lucky Day* covers all nine Feng Shui energies—including career, wealth, marriage and partnership, children, and creativity—and is broken down into specific days, events, and life situations for which you could use a little extra luck. Do you wish to • Ace that job interview? Wear deep, dark blue to enhance self-esteem. • Increase your bank account? Place eight coins under the welcome mat at your front door. • Seal a great business deal? Start the day by lighting nine red candles. • Finally get pregnant? Sleep on green bedsheets. • Chase away a cold? Diffuse lavender essential oil for a holistic antibiotic. Harness the energy of the universe, stack the deck in your favor, and open the door to greater opportunities. Today can be your lucky day! "[Ellen Whitehurst] is a magical person with strange and mysterious ways. She found my power centers, and they even work during a blackout. Now, that's talent!" -Joy Behar, co-host, *The View* "Ellen is irresistible—both her personality and her advice. And fortunately one never comes without the other." -Stacy Morrison, editor-in-chief, *Redbook*

lucky brand wellness mat: Bluebird Sharon Cameron, 2021-10-05 Author of Reese's Book Club YA Pick *The Light in Hidden Places*, Sharon Cameron, delivers an emotionally gripping and utterly immersive thriller, perfect for fans of Ruta Sepetys's *Salt to the Sea*. In 1946, Eva leaves behind the rubble of Berlin for the streets of New York City, stepping from the fiery aftermath of one war into another, far colder one, where power is more important than principles, and lies are more plentiful than the truth. Eva holds the key to a deadly secret: Project Bluebird -- a horrific experiment of the concentration camps, capable of tipping the balance of world power. Both the Americans and the Soviets want Bluebird, and it is something that neither should ever be allowed to possess. But Eva hasn't come to America for secrets or power. She hasn't even come for a new life. She has come to America for one thing: justice. And the Nazi that has escaped its net. Critically acclaimed author of *The Light in Hidden Places* Sharon Cameron weaves a taut and affecting thriller ripe with intrigue and romance in this alternately chilling and poignant portrait of the personal betrayals, terrifying injustices, and deadly secrets that seethe beneath the surface in the aftermath of World War II.

lucky brand wellness mat: The Little Book of Bettie Tori Rodriguez, 2018-05-08 A lifestyle guide inspired by the Queen of Pinups -- Bettie Page -- *The Little Book of Bettie* offers real advice on fashion, makeup, fitness, and more for today's modern woman who loves a little dose of retro. The

celebrated Queen of Pinups styled her own iconic hair, did her own makeup, fashioned her own swimsuits, and was ahead of her time in endless ways, making her a source of inspiration to stars like Madonna, Beyoncé, and Katy Perry. Against the backdrop of the conservative 1950s, Bettie Page was an advocate of pleasure, fun, liberation, and body-positivity. There's so much to be learned from her! Within *The Little Book of Bettie* you'll find: Bettie's remarkable backstory Retro fashion and styling tips Vintage hair and makeup lessons Bettie-inspired fitness routines DIY pinup accessory how-tos Advice from Bettie Babes like Dita Von Teese, modern-day pinups and entertainers, and everyday women who love Bettie! Filled with both color and black-and-white images, *The Little Book of Bettie* is a beautifully gifty, celebratory look at the groundbreaking style of one of the greatest icons of pop culture.

lucky brand wellness mat: You Will Rise Sjana Elise Earp, 2020-09-29 For the light seekers and the love givers. This one is for you. For anyone who has ever loved and lost. This one is for you. For the sensitive souls, the magic makers, the time takers. This one is for you. May this book brighten your shadows, illuminate your path and walk you home to yourself. Sjana Elise Earp inspires thousands of people around the world with her infectious joyful approach to life. But happiness hasn't always come easily. During her recovery from her experiences of anxiety and depression, writing has been Sjana's tool to reflect, find gratitude and grow through her emotions. Now, she's ready to share her vulnerability in her first published collection of poems and photography, and help lift up her sisters too. Dip in during moments when inspiration or comfort is needed, or take a cover-to-cover journey through Sjana's tender words and beautiful images of nature's wonders. Either way, you'll feel grounded, calmer and more connected to the unique power within you. And you, too, will rise.

lucky brand wellness mat: Accessible Yoga Jivana Heyman, 2019-11-05 "A treasure trove . . . what Yoga, capital Y, is all about." —Donna Farhi "Nothing less than a gem." —Judith Lasater "A vital tool." —Book Riot This daring, visionary book revolutionizes yoga practice, making it truly accessible to everyone—in every body, at any age, and in any state of health Yoga practice has so much to offer us physically, emotionally, mentally, and spiritually. But many of us feel discouraged to practice because we see young, slim, flexible, well, and able-bodied people dominating yoga spaces. Yet, yoga is truly a practice for all—conferring enormous benefits to our overall well-being as our bodies change, age, and navigate various health challenges. Jivana Heyman, founder of Accessible Yoga, views yoga as a basic human right—saying we all deserve to practice it in whatever state we find our body or mind. Accessible Yoga offers a simple, clear, and wonderfully adaptable practice for all people regardless of ability, health, and body type. Heyman has spent over twenty years sharing yoga with people of all abilities and backgrounds, and in this book, he shares his knowledge by breaking down complex yoga poses, breathing practices, meditation techniques, and yoga teachings into clearly understandable and practical tools we can use every day, regardless of our limitations or challenges.

lucky brand wellness mat: Cat Daddy Jackson Galaxy, 2013-05-02 Cat behaviorist and star of Animal Planet's hit television show *My Cat from Hell*, Galaxy, a.k.a. Cat Daddy, isn't what readers might expect for a cat expert. Yet his ability to connect with even the most troubled felines--not to mention their owners--is awe-inspiring.

lucky brand wellness mat: Brand Relevance David A. Aaker, 2011-01-25 Branding guru Aaker shows how to eliminate the competition and become the lead brand in your market This ground-breaking book defines the concept of brand relevance using dozens of case studies-Prius, Whole Foods, Westin, iPad and more-and explains how brand relevance drives market dynamics, which generates opportunities for your brand and threats for the competition. Aaker reveals how these companies have made other brands in their categories irrelevant. Key points: When managing a new category of product, treat it as if it were a brand; By failing to produce what customers want or losing momentum and visibility, your brand becomes irrelevant; and create barriers to competitors by supporting innovation at every level of the organization. Using dozens of case studies, shows how to create or dominate new categories or subcategories, making competitors

irrelevant Shows how to manage the new category or subcategory as if it were a brand and how to create barriers to competitors Describes the threat of becoming irrelevant by failing to make what customer are buying or losing energy David Aaker, the author of four brand books, has been called the father of branding This book offers insight for creating and/or owning a new business arena. Instead of being the best, the goal is to be the only brand around-making competitors irrelevant.

lucky brand wellness mat: The Atmospherians Isle McElroy, 2022-02-08 Sasha Marcus was once the epitome of contemporary success: an internet sensation, social media darling, and a creator of a high-profile wellness brand for women. But a confrontation with an abusive troll has taken a horrifying turn, and now she's at rock bottom: canceled and doxxed online, isolated in her apartment while men's rights protestors rage outside. Sasha confides in her oldest childhood friend, Dyson--a failed actor with a history of body issues--who hatches a plan for her to restore her reputation by becoming the face of his new business venture, The Atmosphere: a rehabilitation community for men.--

lucky brand wellness mat: Intuitive Fasting Dr. Will Cole, 2021-02-23 NEW YORK TIMES BESTSELLER • “Dr. Will Cole clearly cares about his patients’ health, and he addresses the widespread misconceptions about intermittent fasting while giving readers a tailored week-by-week plan to get back in touch with what their body truly needs.”—Mark Hyman, MD, director, the Cleveland Clinic Center for Functional Medicine and author of Food “Intuitive Fasting makes both the science and user-friendly application of this exciting approach to human nutrition available for everyone.”—David Perlmutter, MD, FACN, author of Grain Brain and Brain Wash The most effective and achievable guide to intermittent fasting, outlining a unique plan that merges the science behind fasting with a holistic approach to eating, from the bestselling author of Ketotarian and The Inflammation Spectrum For some, the idea of fasting by eating only one or two meals a day sounds like an extreme and overly restrictive dieting tactic. But the truth is, our daily eating schedule—three meals a day, plus snacks—does not necessarily reflect our bodies’ natural cycles. In fact, eating three meals every day can cause metabolic inflexibility, which can lead to inflammation, fatigue, and chronic health problems. For millions of years, our bodies have actually functioned best with periodic times of fasting. With his fresh new approach to fasting, bestselling author and functional medicine expert Dr. Will Cole gives you the ability to take control of your hunger and make intermittent fasting intuitive. You’ll get in touch with your instinctive eating patterns and become healthier and more mindful about how and when you eat. Intuitive Fasting will show you how to find metabolic flexibility—and once you’ve reached it, you can trust your body to function at optimal capacity, whether you’ve eaten six minutes ago or six hours ago. During his 4-Week Flexible Fasting Plan, Dr. Cole will guide you through varying intermittent fasting windows, with each week of the plan tailored to focus on a different aspect of your health. He illustrates the most effective ways to fast and eat to amplify the health benefits of intermittent fasting, balancing rest and repair with clean, nutrient-dense, delicious foods. By the end of the four weeks, you will have all the tools necessary to: • Reset your body • Recharge your metabolism • Renew your cells • Rebalance your hormones Along with more than 65 recipes, you’ll also find a maintenance plan, so you can adapt fasting and feeding windows to work sustainably with your lifestyle.

lucky brand wellness mat: Pym: A Novel Mat Johnson, 2012-09-04 “THE SHARPEST AND MOST UNUSUAL STORY I READ LAST YEAR . . . [Mat] Johnson’s satirical vision roves as freely as Kurt Vonnegut’s and is colored with the same sort of passionate humanitarianism.”—Maud Newton, New York Times Magazine NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • Vanity Fair • Houston Chronicle • The Seattle Times • Salon • National Post • The A.V. Club Recently canned professor of American literature Chris Jaynes has just made a startling discovery: the manuscript of a crude slave narrative that confirms the reality of Edgar Allan Poe’s strange and only novel, The Narrative of Arthur Gordon Pym of Nantucket. Determined to seek out Tsalal, the remote island of pure and utter blackness that Poe describes, Jaynes convenes an all-black crew of six to follow Pym’s trail to the South Pole, armed with little but the firsthand account from which Poe derived his seafaring tale, a bag of bones, and a stash of Little Debbie snack cakes. Thus begins an

epic journey by an unlikely band of adventurers under the permafrost of Antarctica, beneath the surface of American history, and behind one of literature's great mysteries. "Outrageously entertaining, [Pym] brilliantly re-imagines and extends Edgar Allan Poe's enigmatic and unsettling Narrative of Arthur Gordon Pym of Nantucket. . . . Part social satire, part meditation on race in America, part metafiction and, just as important, a rollicking fantasy adventure . . . reminiscent of Philip Roth in its seemingly effortless blend of the serious, comic and fantastic."—Michael Dirda, *The Washington Post* "Blisteringly funny."—Laura Miller, *Salon* "Relentlessly entertaining."—*The New York Times Book Review* "Imagine Kurt Vonnegut having a beer with Ralph Ellison and Jules Verne."—*Vanity Fair* "Screamingly funny . . . Reading Pym is like opening a big can of whoop-ass and then marveling—gleefully—at all the mayhem that ensues."—*Houston Chronicle*

lucky brand wellness mat: *FASTER Way to Fat Loss* Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter *The FASTER Way to Fat Loss*, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

lucky brand wellness mat: *Living Mindfully Across the Lifespan* J. Kim Penberthy, J. Morgan Penberthy, 2020-11-22 *Living Mindfully Across the Lifespan: An Intergenerational Guide* provides user-friendly, empirically supported information about and answers to some of the most frequently encountered questions and dilemmas of human living, interactions, and emotions. With a mix of empirical data, humor, and personal insight, each chapter introduces the reader to a significant topic or question, including self-worth, anxiety, depression, relationships, personal development, loss, and death. Along with exercises that clients and therapists can use in daily practice, chapters feature personal stories and case studies, interwoven throughout with the authors' unique intergenerational perspectives. Compassionate, engaging writing is balanced with a straightforward presentation of research data and practical strategies to help address issues via psychological, behavioral, contemplative, and movement-oriented exercises. Readers will learn how to look deeply at themselves and society, and to apply what has been learned over decades of research and clinical experience to enrich their lives and the lives of others.

lucky brand wellness mat: *Yogalosophy* Mandy Ingber, 2013-05-07 Celebrity fitness guru Mandy Ingber reveals her health and fitness tips in this comprehensive workout plan with yoga at its core, based on her best-selling DVD *Jennifer Aniston. Kate Beckinsale. Helen Hunt. Brooke Shields*. In addition to their fame, these actresses share something else in common: they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber. In *Yogalosophy*®, Ingber—one of the most sought-after fitness and wellness advisors in Los Angeles—offers up a unique 28-day plan to help readers achieve healthier bodies and happier minds. Building on the concepts offered in Ingber's popular *Yogalosophy*® DVD, this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body, inside and out. In addition to recipes and detailed body-sculpting workouts (which combine yoga postures with a wide range of other effective exercises), Ingber also offers up wise insights and thought-provoking anecdotes in each chapter, encouraging readers to establish a healthier, more life-embracing mindset. Full of girlfriend-y wisdom, *Yogalosophy*® is a realistic, flexible, daily plan that will help readers transform their minds, their bodies, and their lives.

lucky brand wellness mat: *Esalen Cookbook* Charlie Cascio, 2006 The world-renowned Esalen Institute, located on the cliffs above the ocean in Big Sur, California, is a place of peace and beauty, a place to contemplate, think, and discover. Filled with beautiful photographs, this cookbook

features dozens of recipes for delicious dishes that emphasize healthy, fresh, and organic ingredients--food made to satisfy the soul as well as the stomach.

lucky brand wellness mat: The Light in Hidden Places Sharon Cameron, 2020-03-03 The extraordinary story of Stefania Podgorska, a Polish teenager who chose bravery and humanity by hiding thirteen Jews in her attic during WWII, from #1 New York Times bestselling author Sharon Cameron - now a Reese's Book Club YA Pick! One knock at the door, and Stefania has a choice to make... It is 1943, and for four years, sixteen-year-old Stefania has been working for the Diamant family in their grocery store in Przemysl, Poland, singing her way into their lives and hearts. She has even made a promise to one of their sons, Izio -- a betrothal they must keep secret since she is Catholic and the Diamants are Jewish. But everything changes when the German army invades Przemysl. The Diamants are forced into the ghetto, and Stefania is alone in an occupied city, the only one left to care for Helena, her six-year-old sister. And then comes the knock at the door. Izio's brother Max has jumped from the train headed to a death camp. Stefania and Helena make the extraordinary decision to hide Max, and eventually twelve more Jews. Then they must wait, every day, for the next knock at the door, the one that will mean death. When the knock finally comes, it is two Nazi officers, requisitioning Stefania's house for the German army. With two Nazis below, thirteen hidden Jews above, and a little sister by her side, Stefania has one more excruciating choice to make. This remarkable tale of courage and humanity, based on a true story, is now a Reese's Book Club YA Pick!

lucky brand wellness mat: *A Year of Self Motivation for Women* Ashton August, 2021-12-21 Find focus and encouragement with 365 days of motivation Empowering self-talk can boost your confidence and help you stay strong in the face of everyday challenges. This book is full of brief practices and reflections that inspire you to talk to yourself with kindness and develop a more positive mindset so you can truly thrive. This standout among motivational books for women will encourage you to: Try different ways to self-motivate—Navigate your journey toward personal empowerment with an engaging mix of creative activities, positive affirmations, and inspiring quotes. Explore uplifting themes—Instill clarity and confidence into your daily routine with topics like mindfulness, positive thinking, self-compassion, authenticity, and more. Find a flexible format—Get support to carry you through the many seasons of life with entries that follow a calendar year but don't have to be read in any particular order. Get inspired every day of the year with this top choice in self-motivation books for women.

lucky brand wellness mat: Clean My Space Melissa Maker, 2017-03-07 The wildly popular YouTube star behind Clean My Space presents the breakthrough solution to cleaning better with less effort Melissa Maker is beloved by fans all over the world for her completely re-engineered approach to cleaning. As the dynamic new authority on home and living, Melissa knows that to invest any of our precious time in cleaning, we need to see big, long-lasting results. So, she developed her method to help us get the most out of our effort and keep our homes fresh and welcoming every day. In her long-awaited debut book, she shares her revolutionary 3-step solution: • Identify the most important areas (MIAs) in your home that need attention • Select the proper products, tools, and techniques (PTT) for the job • Implement these new cleaning routines so that they stick Clean My Space takes the chore out of cleaning with Melissa's incredible tips and cleaning hacks (the power of pretreating!) her lightning fast 5-10 minute "express clean" routines for every room when time is tightest, and her techniques for cleaning even the most daunting places and spaces. And a big bonus: Melissa gives guidance on the best non-toxic, eco-conscious cleaning products and offers natural cleaning solution recipes you can make at home using essential oils to soothe and refresh. With Melissa's simple groundbreaking method you can truly live in a cleaner, more cheerful, and calming home all the time.

lucky brand wellness mat: Working Hard, Hardly Working Grace Beverley, 2022-04-14 'Excellent' The Times 'Offers a fresh take on how to create your own balance, be more productive and feel fulfilled in the high-pressure social media age' Cosmopolitan, 12 BEST NEW BOOKS TO READ 'Serves some serious inspiration for the business-minded' Bustle, TOP DEBUT BOOKS OF

2021 In *Working Hard, Hardly Working*, entrepreneur Grace Beverley reflects on our new working world - where every hobby can be a hustle and social media is the lens through which we view ourselves and others - and offers a fresh take on how to create your own balance, be more productive and feel fulfilled. Insightful, curious and refreshingly honest, this book will open your eyes to what you want from your life and work - and then help you chart a path to get there.

lucky brand wellness mat: *The Longevity Paradox* Dr. Steven R. Gundry, MD, 2019-03-19 From the author of the New York Times bestseller *The Plant Paradox* comes a groundbreaking plan for living a long, healthy, happy life. From the moment we are born, our cells begin to age. But aging does not have to mean decline. World-renowned surgeon Dr. Steven Gundry has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age—but enjoy the benefits of youth? This groundbreaking book holds the answer. Working with thousands of patients, Dr. Gundry has discovered that the “diseases of aging” we most fear are not simply a function of age; rather, they are a byproduct of the way we have lived over the decades. In *The Longevity Paradox*, he maps out a new approach to aging well—one that is based on supporting the health of the “oldest” parts of us: the microorganisms that live within our bodies. Our gut bugs—the bacteria that make up the microbiome—largely determine our health over the years. From diseases like cancer and Alzheimer’s to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver’s seat, controlling our quality of life as we age. The good news is, it’s never too late to support these microbes and give them what they need to help them—and you—thrive. In *The Longevity Paradox*, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, *The Longevity Paradox* offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.

lucky brand wellness mat: *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.

lucky brand wellness mat: *The Anatomy of Dreams* Chloe Benjamin, 2014-09-16 Discover the award-winning debut novel by the New York Times bestselling author of *The Immortalists*, a “majestic collision of sci-fi thriller and love story” (*Bustle*) about a young woman struggling with questions of love, trust, and ethics as the line between dreams and reality dangerously blurs. When Sylvie Patterson, a bookish student at a Northern California boarding school, falls in love with a spirited, elusive classmate named Gabe, they embark on an experiment that changes their lives. Their headmaster, Dr. Adrian Keller, is a charismatic medical researcher who has staked his career on the therapeutic potential of lucid dreaming: by teaching his patients to become conscious during sleep, he believes he can relieve stress and trauma. Over the next six years, Sylvie and Gabe become consumed by Keller’s work, following him across the country. But when an opportunity brings the trio to the Midwest, Sylvie and Gabe stumble into a tangled relationship with their mysterious neighbors—and Sylvie begins to doubt the ethics of Keller’s research. As she navigates the hazy,

permeable boundaries between what is real and what isn't, who can be trusted and who cannot, Sylvie also faces surprising developments in herself—an unexpected infatuation, growing paranoia, and a new sense of rebellion. With stirring, elegant prose, “Chloe Benjamin has crafted an eerie, compelling first novel which, like the lingering effects of a vivid dream, resonates long past its finish” (Karen Brown, *The Longings of Wayward Girls*).

lucky brand wellness mat: Introductory Statistics 2e Barbara Illowsky, Susan Dean, 2023-12-13 *Introductory Statistics 2e* provides an engaging, practical, and thorough overview of the core concepts and skills taught in most one-semester statistics courses. The text focuses on diverse applications from a variety of fields and societal contexts, including business, healthcare, sciences, sociology, political science, computing, and several others. The material supports students with conceptual narratives, detailed step-by-step examples, and a wealth of illustrations, as well as collaborative exercises, technology integration problems, and statistics labs. The text assumes some knowledge of intermediate algebra, and includes thousands of problems and exercises that offer instructors and students ample opportunity to explore and reinforce useful statistical skills. This is an adaptation of *Introductory Statistics 2e* by OpenStax. You can access the textbook as pdf for free at openstax.org. Minor editorial changes were made to ensure a better ebook reading experience. Textbook content produced by OpenStax is licensed under a Creative Commons Attribution 4.0 International License.

lucky brand wellness mat: Wound Care Carrie Sussman, Barbara M. Bates-Jensen, 2007 Designed for health care professionals in multiple disciplines and clinical settings, this comprehensive, evidence-based wound care text provides basic and advanced information on wound healing and therapies and emphasizes clinical decision-making. The text integrates the latest scientific findings with principles of good wound care and provides a complete set of current, evidence-based practices. This edition features a new chapter on wound pain management and a chapter showing how to use negative pressure therapy on many types of hard-to-heal wounds. Technological advances covered include ultrasound for wound debridement, laser treatments, and a single-patient-use disposable device for delivering pulsed radio frequency.

lucky brand wellness mat: Bettie Page Tori Rodriguez, 2018-10-26 When the documentary *Bettie Page Reveals All* was released in 2013, it would have been easy to assume we would never again hear directly from the adored icon. After all, the film is narrated by Bettie Mae Page herself, and she spills on lots of subjects that she had previously kept private—even in her authorized biography—though she does maintain her own decades-long, no-photos rule in the movie. She loathed the effects of aging, said it made her sad to see her own celebrity idols when they were older, and wanted people to remember her as she looked in her pinup days. Fortunately for the hordes of Bettie fans worldwide, a bounty of unreleased Bettie material awaits. For years—since before Bettie’s death from heart failure in December 2008 at the age of 85—boxes and file folders of Bettie mementoes have been gathering dust in the closets of Bettie’s nephew’s house. Ron Brem, a musician living in Bakersfield, California, is the only child of Bettie’s beloved sister, Goldie Jane Page. Bettie never had kids, other than three stepchildren during one of her four marriages to three men (she married one twice). Goldie was also an aspiring model and actress but later settled into housewifery before eventually becoming an art teacher and gallery owner. She died during the summer of 2004, but in the several years before her death, she had carefully stored heaps of incredible family photos, the bulk of which feature Bettie as either the sole subject or part of the shot. None of these hundreds of photos has ever been published until now, and few people even know they exist. Goldie also saved approximately 29 letters from Bettie spanning the years 1949 to 2000, ranging in length from note-size to 18 full pages, which tell the unknown story of Bettie’s “lost years” following her retirement from modeling in 1957.

lucky brand wellness mat: The Ultimate Guide To Choosing a Medical Specialty Brian Freeman, 2004-01-09 The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match

statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as factual data make this book an easy, informative, and interesting read." --Review from a 4th year Medical Student

lucky brand wellness mat: Going There Katie Couric, 2021-10-26 This heartbreaking, hilarious, and brutally honest memoir shares the deeply personal life story of a girl next door and her transformation into a household name. For more than forty years, Katie Couric has been an iconic presence in the media world. In her brutally honest, hilarious, heartbreaking memoir, she reveals what was going on behind the scenes of her sometimes tumultuous personal and professional life - a story she's never shared, until now. Of the medium she loves, the one that made her a household name, she says, "Television can put you in a box; the flat-screen can flatten. On TV, you are larger than life but smaller, too. It is not the whole story, and it is not the whole me. This book is." Beginning in early childhood, Couric was inspired by her journalist father to pursue the career he loved but couldn't afford to stay in. Balancing her vivacious, outgoing personality with her desire to be taken seriously, she overcame every obstacle in her way: insecurity, an eating disorder, being typecast, sexism . . . challenges, and how she dealt with them, setting the tone for the rest of her career. Couric talks candidly about adjusting to sudden fame after her astonishing rise to co-anchor of the TODAY show, and guides us through the most momentous events and news stories of the era, to which she had a front-row seat: Rodney King, Anita Hill, Columbine, the death of Princess Diana, 9/11, the Iraq War . . . In every instance, she relentlessly pursued the facts, ruffling more than a few feathers along the way. She also recalls in vivid and sometimes lurid detail the intense pressure on female anchors to snag the latest "get"—often sensational tabloid stories like Jon Benet Ramsey, Tonya Harding, and OJ Simpson. Couric's position as one of the leading lights of her profession was shadowed by the shock and trauma of losing her husband to stage 4 colon cancer when he was just 42, leaving her a widow and single mom to two daughters, 6 and 2. The death of her sister Emily, just three years later, brought yet more trauma—and an unwavering commitment to cancer awareness and research, one of her proudest accomplishments. Couric is unsparing in the details of her historic move to the anchor chair at the CBS Evening News—a world rife with sexism and misogyny. Her "welcome" was even more hostile at 60 Minutes, an unrepentant boys club that engaged in outright hazing of even the most established women. In the wake of the MeToo movement, Couric shares her clear-eyed reckoning with gender inequality and predatory behavior in the workplace, and downfall of Matt Lauer—a colleague she had trusted and respected for more than a decade. Couric also talks about the challenge of finding love again, with all the hilarity, false-starts, and drama that search entailed, before finding her midlife Mr. Right. Something she has never discussed publicly—why her second marriage almost didn't happen. If you thought you knew Katie Couric, think again. Going There is the fast-paced, emotional, riveting story of a thoroughly modern woman, whose journey took her from humble origins to superstardom. In these pages, you will find a friend, a confidante, a role model, a survivor whose lessons about life will enrich your own.

lucky brand wellness mat: A Chakra & Kundalini Workbook Jonn Mumford, 1994 By spending just a few minutes each day performing these Yoga techniques, men and women can create inner relaxation leading to better health, a longer life, and greater control over one's personal destiny. Tailored for the Western mind, here is one of the clearest, most approachable books ever on experiencing the incredible benefits of Yoga.

lucky brand wellness mat: The Plant Paradox Dr. Steven R. Gundry, MD, 2017-04-25 From renowned cardiac surgeon Steven R. Gundry, MD, the New York Times bestselling The Plant Paradox is a revolutionary look at the hidden compounds in healthy foods like fruit, vegetables, and whole grains that are causing us to gain weight and develop chronic disease. Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free diets in an effort to protect their health. But what if we've

been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the “gluten-free” foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can employ to avoid them, including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

lucky brand wellness mat: The Rebel's Apothecary Jenny Sansouci, 2020-05-19 Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. *The Rebel's Apothecary* is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, *The Rebel's Apothecary* presents: Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects Everyday wellness routines Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more The latest research on CBD, THC, medicinal mushrooms and psilocybin Tips for creating a cutting-edge home apothecary of your own

lucky brand wellness mat: Get The Glow Madeleine Shaw, 2015-04-23 In *GET THE GLOW* nutritional health coach to the stars Madeleine Shaw shows you that eating well can easily become a way of life, resulting in the hottest, healthiest and happiest you. Healthy eating shouldn't be about fad diets, starvation or deprivation. Instead, Madeleine's philosophy is simple: ditch the junk and eat foods that heal your gut so you can shine from head to toe and really get the glow. Lavishly illustrated with sumptuous photography, *GET THE GLOW* is a cookbook to be savoured. Madeleine shares 100 delicious, wheat- and sugar-free recipes bursting with flavour and nutritional value leaving you feeling full and nourished. Every mouth-watering dish is easy to make, contains ingredients that can be found in your local supermarket and won't break the budget. You'll lose

weight, feel healthier and will glow on the inside and out. Including a six-week plan and advice on kitchen cupboard essentials and eating out, Madeleine's down-to-earth and practical guidance will help you to embrace GET THE GLOW as a lifestyle for good. This book will inspire you to fall back in love with food, life, and yourself.

lucky brand wellness mat: Bhakti Flow Yoga Rusty Wells, 2015-09-15 A guide to Bhakti Flow Yoga, a style of yoga that emphasizes a seamless connection between the breath and the movements of the body--by a popular San Francisco-based yogi. This is a comprehensive guide to the history and practice of Bhakti Flow Yoga, a synthesis of Bhakti yoga (the yoga of devotion) and Vinyasa Flow. This book describes • the foundations of Bhakti Flow Yoga, with an historical overview and an explanation of the basics of practice • the energetic side of this practice, including subtle body, meditation, sound (Nada Yoga), prana, pranayama, koshas (sheaths of the subtle body), chakras, nadis (energy pathways), and bandhas (energy locks), and more • the Bhakti Flow Yoga lifestyle: An overview of Ayurveda, including the doshas (constitution), nutrition, taste, and digestion, along with recommended Ayurvedic diet guidelines for general health. The section on vegetarianism offers practical advice on making the diet work for you. • the practice of Bhakti Flow Yoga: The section is divided into pose families, which include Basics, Standing Poses, Standing Balance Poses, Core, Arm Balances and Inversions, Backbends, Seated Poses and Twists, and Restorative Poses. The author unpacks each of the yoga poses, with details on both physical and spiritual considerations of each pose. There are also discussions on drishti (point of focus), how to start a home practice, and practical tips for pregnant students or those with high blood pressure. Rusty Wells includes two sample sequences, along with recommendations on sequencing in general. The Beginner's Sequence is gentle, complete, and accessible for all body types. The Surya Flow 1 Sequence is an example of a strong one-hour vinyasa practice that can easily be a launching pad for more creativity. Wells also provides valuable insights on teaching yoga.

lucky brand wellness mat: The Anatomy of Anxiety Ellen Vora, 2022-03-15 From acclaimed psychiatrist Dr. Ellen Vora comes a groundbreaking understanding of how anxiety manifests in the body and mind—and what we can do to overcome it. Anxiety affects more than forty million Americans—a number that continues to climb in the wake of the COVID-19 pandemic. While conventional medicine tends to view anxiety as a “neck-up” problem—that is, one of brain chemistry and psychology—the truth is that the origins of anxiety are rooted in the body. In *The Anatomy of Anxiety*, holistic psychiatrist Dr. Ellen Vora offers nothing less than a paradigm shift in our understanding of anxiety and mental health, suggesting that anxiety is not simply a brain disorder but a whole-body condition. In her clinical work, Dr. Vora has found time and again that the symptoms of anxiety can often be traced to imbalances in the body. The emotional and physical discomfort we experience—sleeplessness, brain fog, stomach pain, jitters—is a result of the body’s stress response. This physiological state can be triggered by challenging experiences as well as seemingly innocuous factors, such as diet and use of technology. The good news is that this body-based anxiety, or, as Dr. Vora terms it, “false anxiety,” is easily treated. Once the body’s needs are addressed, Dr. Vora reframes any remaining symptoms not as a disorder but rather as an urgent plea from within. This “true anxiety” is a signal that something else is out of balance—in our lives, in our relationships, in the world. True anxiety serves as our inner compass, helping us recalibrate when we’re feeling lost. Practical, informative, and deeply hopeful, *The Anatomy of Anxiety* is the first book to fully explain the origins of anxiety and offer a detailed road map for healing and growth.

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