

pursuit of wellness podcast

The Pursuit of Wellness Podcast: Your Guide to a Healthier, Happier You

Are you feeling overwhelmed by the constant barrage of wellness advice? Do you crave authentic conversations about health and wellbeing, free from the hype and quick fixes? Then you're in the right place! This comprehensive guide dives deep into the "Pursuit of Wellness Podcast," exploring its unique approach, the benefits it offers, and how it can help you on your personal journey to a healthier, happier life. We'll uncover what makes this podcast stand out, providing you with everything you need to decide if it's the perfect addition to your wellness routine.

What Makes the Pursuit of Wellness Podcast Unique?

The wellness space is saturated. It's easy to get lost in a sea of conflicting information, fad diets, and unrealistic expectations. The "Pursuit of Wellness Podcast" distinguishes itself by focusing on holistic wellbeing and sustainable lifestyle changes. Instead of offering quick fixes, it emphasizes long-term habits and a balanced approach to health, encompassing physical, mental, and emotional aspects.

What sets it apart is its commitment to:

Evidence-based information: The podcast avoids relying on unsubstantiated claims and pseudoscience. Instead, it features experts and practitioners who ground their advice in scientific research and real-world experience.

Diverse perspectives: The show explores a wide range of topics, from nutrition and fitness to mindfulness and stress management, offering a holistic view of wellness. It also features diverse voices, ensuring a wider range of experiences and perspectives are shared.

Authenticity and vulnerability: Hosts and guests share personal stories and experiences, creating a relatable and empathetic listening experience. This humanizes the often-clinical world of wellness, fostering a sense of community and shared journey.

Actionable advice: The podcast doesn't just offer theoretical information; it provides listeners with concrete steps and practical strategies they can implement in their daily lives. Each episode includes takeaways and actionable advice that listeners can easily apply.

Focus on mental wellbeing: Many wellness podcasts overlook the crucial role of mental health. The "Pursuit of Wellness Podcast" prioritizes mental wellbeing, exploring topics like stress management, mindfulness, and emotional regulation.

Episode Highlights: A Glimpse into the Content

The "Pursuit of Wellness Podcast" offers a rich library of episodes, consistently delivering engaging content. Here are a few recurring themes and highlights you can expect:

Nutrition deep dives: Episodes explore various dietary approaches, debunking myths and providing practical guidance on creating a balanced and nourishing diet. This includes discussions on specific nutrients, mindful eating, and navigating food sensitivities.

Fitness and movement: The podcast explores different exercise modalities, emphasizing the importance of finding activities you enjoy and can sustain long-term. It emphasizes functional fitness and holistic movement, not just achieving aesthetic goals.

Mindfulness and meditation: Episodes delve into the benefits of mindfulness practices, providing guidance on incorporating meditation and other mindfulness techniques into daily routines to reduce stress and improve mental clarity.

Stress management techniques: Listeners learn practical strategies for managing stress and anxiety, including breathwork, cognitive behavioral therapy techniques, and time management strategies.

Building healthy relationships: The podcast acknowledges the profound impact of relationships on overall wellbeing, offering insights into nurturing healthy connections and setting boundaries.

Sleep hygiene and optimization: Episodes cover the crucial role of sleep in overall health, providing tips and techniques for improving sleep quality and quantity.

Who Should Listen to the Pursuit of Wellness Podcast?

This podcast is perfect for anyone seeking a holistic and sustainable approach to wellness. Whether you're a seasoned wellness enthusiast or just starting your journey, the "Pursuit of Wellness Podcast" offers valuable insights and practical advice. Specifically, it's ideal for individuals who:

Desire a balanced and integrated approach to wellness: The podcast doesn't focus solely on physical health but encompasses mental, emotional, and social wellbeing.

Seek evidence-based information: The podcast prioritizes scientific research and avoids unsubstantiated claims.

Appreciate authentic and relatable conversations: The podcast features real stories and experiences, creating a sense of community and shared journey.

Want actionable advice they can implement immediately: Each episode provides practical strategies and tools to improve their wellbeing.

Are seeking a sustainable, long-term approach to health: The podcast emphasizes gradual changes and long-term habits, rather than quick fixes.

Beyond the Podcast: Building a Wellness Community

The "Pursuit of Wellness Podcast" extends beyond individual listening. It often fosters a sense of community through online platforms, offering opportunities for listeners to connect, share their experiences, and support each other on their wellness journeys. This community aspect can be incredibly valuable, creating a supportive network of individuals working towards similar goals.

Conclusion

The "Pursuit of Wellness Podcast" offers a refreshing and valuable resource for anyone seeking a holistic, evidence-based approach to wellbeing. Its commitment to authenticity, actionable advice, and diverse perspectives sets it apart in a crowded field. By prioritizing both mental and physical health, and emphasizing sustainable lifestyle changes, it provides a powerful tool for building a healthier, happier, and more fulfilling life. Start listening today and embark on your own pursuit of wellness!

FAQs

1. Is the Pursuit of Wellness Podcast free? Yes, most episodes are available for free on major podcast platforms. Some bonus content or exclusive episodes might be part of a paid membership.
1. How often are new episodes released? New episodes are typically released weekly, providing consistent content and valuable insights.
1. What platforms can I listen to the Pursuit of Wellness Podcast on? You can usually find it on popular podcast platforms like Spotify, Apple Podcasts, Google Podcasts, and Stitcher.
1. Does the podcast cover specific conditions or illnesses? While the podcast emphasizes general wellbeing, it may occasionally discuss specific health conditions but always advises listeners to consult with their healthcare provider for personalized advice.
1. How can I connect with the Pursuit of Wellness Podcast community? Check the podcast's website or social media pages for links to online communities and forums where listeners can interact and share their experiences.

pursuit of wellness podcast: Healthier Together Liz Moody, 2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • “Healthier Together focuses on real whole foods and bringing community together.”—Kelly LeVeque, celebrity nutritionist and bestselling author of Body Love Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they’re all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake “Fried” Chicken, General Tso’s Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for Healthier Together “This cookbook is

one you'll be reaching for time and time again when you need healthy food that is satisfying and delicious."—Tieghan Gerard "Liz Moody offers heaps of tasty recipes packed with great ingredients."—Real Simple "Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey."—Gina Homolka "Liz does an amazing job helping you make delicious food in a way that is both feasible and fun."—Rachel Mansfield "Liz's book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table."—Daphne Oz "Liz's message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!"—Jeanine Donofrio

pursuit of wellness podcast: Keto For Women Leanne Vogel, 2019-06-18 International bestselling author, Leanne Vogel delivers the ultimate resource guide for women looking to take charge of their health through a fat-fueled, ketogenic diet. Leanne draws upon her many years of experience as a Nutrition Educator as well as her personal success to bring women this first-ever custom built nutrition program that will meet their individual needs. Keto for Women delves into what the keto diet is (and is not) and how women can reap the many health benefits by using a targeted method specifically designed for their bodies. Throughout her book, Leanne teaches women how hormone imbalances cause many of the negative symptoms they experience and what keto foods and protocols will work best to remedy those. By teaching women how to understand their bodies, they will be empowered to find solutions that are right for them as individuals and stay in control each step of the way. Leanne sheds new light on the role nutrition plays in: thyroid imbalances, menopause, PCOS, adrenal fatigue, pregnancy, menstrual cycles, sex drive and more. She also details the positive effects of the keto diet on emotional and mental well-being giving women a path to total health, mind, body and soul. Keto for Women provides customizable resources with ingredients that target and balance specific health problems. Leanne also offers maps that you can follow to develop personalized meals that are based upon the ingredients chosen for your unique needs. Keto for Women complements Leanne's 12-week program (happyketobody.com) that has helped more than 3,000 women take charge of their health, using a customized ketogenic diet to balance their bodies.

pursuit of wellness podcast: *Anti-Diet* Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

pursuit of wellness podcast: The Keto Diet Leanne Vogel, 2017-04-11 Leanne Vogel, the voice behind the highly acclaimed website *Healthful Pursuit*, brings an entirely new approach to

achieving health, healing, weight loss, and happiness through a keto-adapted lifestyle. A one-stop guide to the ketogenic way of eating, *The Keto Diet* shows you how to transition to and maintain a whole foods based, paleo-friendly, ketogenic diet with a key focus on practical strategies - and tons of mouthwatering recipes. You'll have all the tools you need to fall in love with your body and banish your fear of fat forever!

pursuit of wellness podcast: Dopamine Nation Dr. Anna Lembke, 2023-01-03 INSTANT NEW YORK TIMES and LOS ANGELES TIMES BESTSELLER "Brilliant . . . riveting, scary, cogent, and cleverly argued."—Beth Macy, author of *Dopesick*, as heard on *Fresh Air* This book is about pleasure. It's also about pain. Most important, it's about how to find the delicate balance between the two, and why now more than ever finding balance is essential. We're living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, Instagramming, YouTubing, tweeting . . . The increased numbers, variety, and potency is staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. As such we've all become vulnerable to compulsive overconsumption. In *Dopamine Nation*, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain . . . and what to do about it. Condensing complex neuroscience into easy-to-understand metaphors, Lembke illustrates how finding contentment and connectedness means keeping dopamine in check. The lived experiences of her patients are the gripping fabric of her narrative. Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives. In essence, *Dopamine Nation* shows that the secret to finding balance is combining the science of desire with the wisdom of recovery.

pursuit of wellness podcast: Dark Horse Todd Rose, Ogi Ogas, 2018-10-09 For generations, we've been stuck with a cookie-cutter mold for success that requires us to be the same as everyone else, only better. This standard formula works for some people but leaves most of us feeling disengaged and frustrated. As much as we might dislike the standard formula, it seems like there's no other practical path to financial security and a fulfilling life. But what if there is? In the *Dark Horse Project* at the Harvard Graduate School of Education, bestselling author and acclaimed thought leader Todd Rose and neuroscientist Ogi Ogas studied women and men who achieved impressive success even though nobody saw them coming. Dark horses blaze their own trail to a life of happiness and prosperity. Yet what is so remarkable is that hidden inside their seemingly one-of-a-kind journeys are practical principles for achieving success that work for anyone, no matter who you are or what you hope to achieve. This mold-breaking approach doesn't depend on you SAT scores, who you know, or how much money you have. The secret is a mindset that can be expressed in plain English: Harness your individuality in the pursuit of fulfillment to achieve excellence. In *Dark Horse*, Rose and Ogas show how the four elements of the dark horse mindset empower you to consistently make the right choices that fit your unique interests, abilities, and circumstances and will guide you to a life of passion, purpose, and achievement.

pursuit of wellness podcast: The Ketogenic Mediterranean Diet Robert Santos-Prowse, 2017-01-10 Transition to a sustainable way of eating that will keep you healthy for years to come with this hybrid of two popular diets: keto and Mediterranean. The heart-smart and brain-healthy Mediterranean diet offers you an easy-to-follow lifestyle for losing weight while enjoying crisp produce, freshly caught fish and healthy fats. Now, the innovative program in this book supercharges this time-tested diet by applying the scientifically proven fat-burning approach of the ketogenic diet. *The Ketogenic Mediterranean Diet* will help you: Change the way your body uses energy End your carb cravings Dramatically reduce fat storage Reduce your risk of heart disease and diabetes The recipes, tips and meal plans in this book will help you prepare delicious dishes like Tomato Basil Zucchini Pasta, Cloud Bread and Chocolate Mug Cake, all while losing weight and eating healthy.

pursuit of wellness podcast: The Genius Life Max Lugavere, 2020-03-17 The author of the New York Times bestselling *Genius Foods* offers a lifestyle program for resetting your brain and

body to their “factory settings”—to help fight fatigue, anxiety, and depression and to optimize cognitive health for a longer and healthier life. The human body was honed under conditions that no longer exist. The modern world has changed dramatically since our days as hunter gatherers, and it has caused widespread anxiety, stress, and disease, leaving our brains in despair. But science proves that the body and brain can be healed with the intervention of lifestyle protocols that help us to regain our cognitive birthright. In *The Genius Life*, Lugavere expands the Genius Foods plan, which focused on nutrition and how it affects brain health, and expands it to encompass a full lifestyle protocol. We know now that the health of our brains—including our cognitive function and emotional wellness—depend on the health of our gut, endocrine, cardiac and nervous systems as there is a constant feedback loop between all systems. Drawing on globe-spanning research into circadian biology, psychology, dementia prevention, cognitive optimization, and exercise physiology, *The Genius Life* shows how to integrate healthy choices in all aspects of our daily routines: eating, exercising, sleeping, detoxing, and more to create a healthy foundation for optimal cognitive health and performance. Among Max’s groundbreaking findings, you will discover:

- A trick that gives you the equivalent of a “marathon” workout, in 10 minutes
- How to get the benefits of an extra 1-2 servings of veggies daily without eating them
- The hidden chemicals in your home that could be making you fat and sick
- How to boost melatonin levels by up to 58% for deeper sleep without supplements

The book features an achievable prescriptive 21-day plan for Genius Living that includes daily workouts, meal plans, and meal prep tips, and accompanied with helpful suggestions for healthy swaps and snacks

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

pursuit of wellness podcast: Radical Belonging Lindo Bacon, 2020-11-10
Belonging has been a formative struggle for me. Like most people with marginalized identities, my experience has taught me that it's hard to be yourself and feel like you belong in a culture that is hostile to your existence. That's why my body of work as a scientist, author, professor, speaker, and advocate for body liberation always comes back to the impact of belonging or not belonging. *Radical Belonging* is my manifesto, helping us heal from the individual and collective trauma of injustice and support our transition from a culture of othering to one of belonging. —Lindo Bacon
Too many of us feel alienated from our bodies. This isn't your personal failing; it means that our culture is failing you. We are in the midst of a cultural moment. #MeToo. #BlackLivesMatter. #TransIsBeautiful. #AbleismExists. #EffYourBeautyStandards. Those of us who don't fit into the mythical norm (white, male, cisgender, able-bodied, slender, Christian, etc.)—which is to say, most of us—are demanding our basic right: To know that who we are matters. To belong. Being othered and the body shame it spurs is not just a feeling. Being erased and devalued impacts our ability to regulate our emotions, our relationships with others, our health and longevity, our finances, our ability to realize dreams,

and whether we will be accepted, loved, or even safe. Radical Belonging is not a simple self-love treatise. Focusing only on self-love ignores the important fact that we have negative experiences because our culture has targeted certain bodies and people for abuse or alienation. For marginalized people, a focus on self-love can be a spoonful of sugar that makes the oppression go down. This groundbreaking book goes further, helping us to manage the challenges that stem from oppression and moving beyond self-love and into belonging. With Lindo Bacon's signature blend of science and storytelling, Radical Belonging addresses the political, sociological, psychological and biological underpinnings of your experiences, helping you understand that the alienation and pain you are experiencing is not personal, but human. The problem is in injustice, not you as an individual. So many of us feel wounded by a culture that has alienated us from our bodies and divided us from each other. Radical Belonging provides strategies to reckon with the trauma of injustice; reclaim yourself, body and soul; and rewire your nervous system to better cope within an unjust world. It also provides strategies to help us all provide refuge for one another and create a culture of equity and empathy, one that respects, includes, and benefits from all its diverse peoples. Whether you are transgender, queer, Black, Indigenous or a Person of Color, disabled, old, or fat—or your more closely resemble the mythical norm—Radical Belonging is your guidebook for creating a world where all bodies are valued and all of us belong—and for coping with this one, until we make that new world a reality.

pursuit of wellness podcast: Happy People Are Annoying Josh Peck, 2022-03-15 A wonderfully candid memoir from one of the most recognizable faces of a generation, actor, writer, Youtuber, and television superstar, Josh Peck. In his warm and inspiring book, Josh reflects on the many stumbles and silver linings of his life and traces a zigzagging path to redemption. Written with such impressive detail and aching honesty, Happy People are Annoying is full of surprising life lessons for anyone seeking to accept their past and make peace with the complicated face in the mirror. Josh Peck rose to near-instant fame when he starred for four seasons as the comedic center of Nickelodeon's hit show Drake & Josh. However, while he tried to maintain his role as the funniest, happiest kid in every room, Josh struggled alone with the kind of rising anger and plummeting confidence that quietly took over his life. For the first time, Josh reflects on his late teens and early twenties. Raised by a single mother, and coming of age under a spotlight that could be both invigorating and cruel, Josh filled the cratering hole in his self-worth with copious amounts of food, television, drugs, and all of the other trappings of young stardom. Until he realized the only person standing in his way...was himself. Today, with a string of lead roles on hit television shows and movies, and one of the most enviable and dedicated fanbases on the internet, Josh Peck is more than happy, he's finally, enthusiastically content. Happy People are Annoying is the culmination of years of learning, growing, and finding bright spots in the scary parts of life. Written with the kind of humor, strength of character, and unwavering self-awareness only someone who has mastered their ego can muster, this memoir reminds us of the life-changing freedom on the other side of acceptance.

pursuit of wellness podcast: The Topography of Wellness Sara Jensen Carr, 2021-06-15 The COVID-19 pandemic has re-ignited discussions of how architects, landscapes, and urban planners can shape the environment in response to disease. This challenge is both a timely topic and one with an illuminating history. In The Topography of Wellness, Sara Jensen Carr offers a chronological narrative of how six epidemics transformed the American urban landscape, reflecting changing views of the power of design, pathology of disease, and the epidemiology of the environment. From the infectious diseases of cholera and tuberculosis, to so-called social diseases of idleness and crime, to the more complicated origins of today's chronic diseases, each illness and its associated combat strategies has left its mark on our surroundings. While each solution succeeded in eliminating the disease on some level, sweeping environmental changes often came with significant social and physical consequences. Even more unexpectedly, some adaptations inadvertently incubated future epidemics. From the Industrial Revolution to present day, this book illuminates the constant evolution of our relationship to wellness and the environment by documenting the shifting grounds

of illness and the urban landscape.

pursuit of wellness podcast: The Millionaire Messenger Brendon Burchard, 2011-09-06 The #1 New York Times bestseller from world-renowned advice expert teaches everyday people how to share their story and wisdom with the world and build a lucrative business doing so. In this game-changing book by Brendon Burchard, founder of Experts Academy, you'll discover: Your life story and experience have greater importance and market value than you probably ever dreamed. You are here to make a difference in this world. The best way to do that is to package your knowledge and advice (on any topic, in any industry) to help others succeed. You can get paid for sharing your advice and how-to information, and in the process you can build a lucrative business and a profoundly meaningful life. In *The Millionaire Messenger*, legendary expert trainer Brendon Burchard pulls back the curtains on the advice industry and shows you a simple ten-step plan for making an impact and an income with what you know. The lessons you've learned in life and business are about to become your greatest asset—and your greatest legacy.

pursuit of wellness podcast: The Wellness Syndrome Carl Cederström, Andre Spicer, 2015-02-04 Not exercising as much as you should? Counting your calories in your sleep? Feeling ashamed for not being happier? You may be a victim of the wellness syndrome. In this ground-breaking new book, Carl Cederström and André Spicer argue that the ever-present pressure to maximize our wellness has started to work against us, making us feel worse and provoking us to withdraw into ourselves. The *Wellness Syndrome* follows health freaks who go to extremes to find the perfect diet, corporate athletes who start the day with a dance party, and the self-trackers who monitor everything, including their own toilet habits. This is a world where feeling good has become indistinguishable from being good. Visions of social change have been reduced to dreams of individual transformation, political debate has been replaced by insipid moralising, and scientific evidence has been traded for new-age delusions. A lively and humorous diagnosis of the cult of wellness, this book is an indispensable guide for everyone suspicious of our relentless quest to be happier and healthier.

pursuit of wellness podcast: Pretty Intense Danica Patrick, Stephen Perrine, 2017-12-26 America's NASCAR standout offers a 90-day program to sculpt your body, calm your mind, and achieve your greatest goals. Everything Danica Patrick does is *Pretty Intense*. A top athlete in her field, not to mention a fan favorite and the first woman to rule in her male-dominated sport, Danica approaches every aspect of life with the utmost intensity. Now, she shows you how you can apply her daily principles and transform your life for the better—and have fun while doing it. Danica's 90-day high-intensity workout, protein-rich, paleo-inspired eating plan, and mental-conditioning program will get you leaner, stronger, and healthier than you've ever been before. By mixing full-body training and stretching exercises, her accessible workouts hit the holy trinity of fitness: strength, endurance, and flexibility. Bolstered by a customized eating plan for all-day energy, her program will also help you cultivate a mindset for limitless success. You will learn to aim your sights high, confront challenges and setbacks with confidence, and cross the finish line every time. Whether your goal is a stronger core, better skills in the kitchen, or a promotion at work, Danica's *Pretty Intense* plan will help you reach your highest potential.

pursuit of wellness podcast: Chasing Excellence Ben Bergeron, 2017 Ben's ability to develop mental toughness and the approach he shares in *Chasing Excellence* is a game changer for athletes in any sport. --Javier Vazquez, Major League Baseball All-Star This book will do for you what Ben has done for me--take you to the next level and show you how to be the best. His insights on the mental game are second to none. You will feel prepared for anything. --Bethany Hart-Gerry, US Olympic Bobsled Team CrossFit trainer Ben Bergeron has helped build the world's fittest athletes, but he's not like other coaches. He believes that greatness is not for the elite few; that winning is a result, not a goal; and that character, not talent, is what makes a true champion. His powerful philosophy can help anyone excel at all aspects of life. Using the dramatic competition between the top contenders at the 2016 Reebok CrossFit Games(R) as a background, Ben explores the step-by-step process of achieving excellence and the unique set of positive character traits necessary for leveling

up to world-class. The mindset and methodology that have produced some of the greatest athletes in the world's most gruelling sport can work equally well for golfers, lawyers, artists, entrepreneurs--anyone who's willing to commit totally to becoming better than the best. By Chasing Excellence, you'll discover how extraordinary it's possible for you to be.

pursuit of wellness podcast: Regenerate Sayer Ji, 2021-08-10 This book is a revolution! It goes way beyond the beliefs that have fueled modern pharmaceutical medicine for decades and gives you all the science you'll ever need to prove that there is another way. - Christiane Northrup, M.D., New York Times bestselling author of Goddesses Never Age Modern medicine and human health are at a critical crossroads, and the truth is that you and not your genes are in the driver's seat. You are the one who gets to make informed decisions on how you use and nourish the evolutionary miracle that is your body. Combining analysis of cutting-edge scientific findings with our deepest ancestral wisdom and health-promoting practices, Sayer Ji, founder of GreenMedInfo, offers a time-tested program to help prevent and manage the most common health afflictions of our day-cancer, heart disease, neurodegenerative diseases, and metabolic syndrome. Antiquated thinking and scientific dogma have long obstructed our understanding of our innate untapped potential for self-regeneration and radical healing. But the New Biology explains why biological time is not a downward spiral and how chronic illness is not inevitable when you implement nature's resiliency tools. In his thorough and thoughtful exploration of the New Biology, Sayer Ji illuminates: the fascinating new science of food as information the truth about cancer and heart disease screening and what real prevention looks like how to reverse the most common forms of degeneration using food-based approaches how the body extracts energy from sources other than food, including water and melanin; and how to make sense of conflicting dietary recommendations and out-of-date food philosophies Encoded within every tissue of your body is your ability to regenerate. Unlock your radical resiliency through this roadmap for diet, exercise, stress reduction, and the cultivation of the environment in which you choose to live.

pursuit of wellness podcast: The Immunotype Breakthrough Heather Moday, 2021-12-21 A respected immunologist, allergist, and functional medicine doctor breaks down the latest science on immunity, offering "the most important guide available" (Mark Hyman, MD) to balancing your system for optimal health and longevity. To most of us, the immune system is seemingly unknowable—it's an invisible, complex network of cells, receptors, and messengers, and there's no standard way to see if it's functioning as it should. Yet in spite of this, it affects every aspect of our health, influencing (and sometimes even causing) nearly every disease known to humanity. Much has been made about "boosting" immunity, but what exactly does that mean, and what if boosting isn't really what your unique system needs? In The Immunotype Breakthrough, Dr. Heather Moday explains that for most, immune system balance is key. Drawing on a wealth of cutting edge research and fascinating case studies, Dr. Moday explains that the immune system is fluid and significantly influenced by our behaviors, diet, habits, and environment. She identifies four primary Immunotypes—Smoldering, Weak, Hyperactive, and Misguided—that underlie the immune imbalances that commonly lead to disease, chronic inflammation, infection, allergies, and autoimmunity. By identifying your personal immunotype—where you fall on this immunity spectrum—you can intervene by making focused, individualized, natural lifestyle changes to ensure it functions optimally Featuring engaging and accessible science, practical and customizable takeaways, and interactive quizzes to help you zero in on your specific needs, The Immunotype Breakthrough is a revolutionary program for creating an individualized lifestyle and diet that will lead to immune resilience, vitality, and longevity.

pursuit of wellness podcast: The Wellness Revelation Alisa Keeton, 2017-08-08 What would it take for you to make a change? Weight loss can sometimes be a very self-focused endeavor. Maybe you have struggled with your weight your entire life, riding a constant roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world and all its demands. Perhaps you just don't feel as well in your body as you do in your spirit. In The Wellness Revelation, certified fitness professional Alisa Keeton will challenge you to get fit with God so that

He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually, we will be better equipped to love and serve others. The Wellness Revelation will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study, small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside out.

pursuit of wellness podcast: *Cleaning Up Your Mental Mess* Dr. Caroline Leaf, 2021-03-02 Toxic thoughts, depression, anxiety--our mental mess is frequently aggravated by a chaotic world and sustained by an inability to manage our runaway thoughts. But we shouldn't settle into this mental mess as if it's just our new normal. There's hope and help available to us--and the road to healthier thoughts and peak happiness may actually be shorter than you think. Backed by clinical research and illustrated with compelling case studies, Dr. Caroline Leaf provides a scientifically proven five-step plan to find and eliminate the root of anxiety, depression, and intrusive thoughts in your life so you can experience dramatically improved mental and physical health. In just 21 days, you can start to clean up your mental mess and be on the road to wholeness, peace, and happiness.

pursuit of wellness podcast: Healing Myths, Healing Magic Donald M. Epstein, 2010-07-22 Healing Myths, Healing Magic examines the deeply ingrained stories, or myths, we commonly hold about how our bodies heal & myths that can actually inhibit healing. In this breakthrough book, Epstein divides the healing myths into four categories: social, biomedical, religious, and new age. He exposes each myth individually, then suggests an alternative, or Healing Magic, to help us reclaim our body's natural ability to heal.

pursuit of wellness podcast: *The Intuitive Eating Workbook* Evelyn Tribole, Elyse Resch, 2017-04-01 Do you use food to comfort yourself during stressful times? The Intuitive Eating Workbook offers a comprehensive, evidence-based program to help you develop a healthy relationship with food, pay attention to cues of hunger and satisfaction, and cultivate a profound connection with your mind and body. Have you tried fad diet after fad diet, only to gain weight back? Maybe you've tried the protein diet only to move on to vegetables only? Raw almonds and coconut water every forty-five minutes instead of big meals? Or perhaps you've tried counting calories, but the numbers on the scale still don't add up. If you are ready to throw in your hat and give up on dieting for good, take heart. You can enjoy food again—you just need to pay attention to your body's natural hunger cues. Based on the authors' best-selling book, Intuitive Eating, this workbook can show you how. The Intuitive Eating Workbook offers a new way of looking at food and mealtime by showing you how to recognize your body's natural hunger signals. Structured around the ten principles of intuitive eating, the mindful approach in this workbook encourages you to abandon unhealthy weight control behaviors, develop positive body image, and—most importantly—stop feeling distressed around food! You were born with all the wisdom you need for eating intuitively. This book will help you reconnect with that wisdom and ultimately change your life—one meal at a time.

pursuit of wellness podcast: *Bossed Up* Emilie Aries, 2019-05-21 In this candid, refreshing guide for young women to take with us as we run the world, Emilie Aries shows you how to own your power, know your worth, and design your career and life accordingly. Young women today face an uncertain job market, the pressure to ascend at all costs, and a fear of burning out. But the landscape is changing, and women are taking an assertive role in shaping our careers and lives, while investing more and more in our community of support. Bossed Up teaches you how to: Break out of the martyrdom mindset, and cultivate your Boss Identity by getting clear on what you really want for your career and life without apology; Hone the self-advocacy skills necessary for success; Understand the differences between being assertive (which is part of being a leader) and being aggressive (which is more like being a bully) - and how that clarity can transform your trajectory; Beat burnout by identifying how the warning signs may be showing up in your life and how to prioritize bringing more rest, purpose, agency, and community to your day-to-day life; Unpack the

steps to cultivating something more than just confidence; a boss identity, which will establish your ability to be the boss of your life no matter what comes your way. Drawing from timely research, and with personal stories, and spotlights on a diverse group of women from the Bossed Up community, this book will show you how to craft a happy, healthy, and sustainable career path you'll love.

pursuit of wellness podcast: Stronger Every Day Janell Rardon, 2021-01-19 As a trauma-informed professional life coach, Janell Rardon spends a good deal of her day-to-day work with brokenness--broken families, broken relationships, broken hearts and souls. In response to the pleas of her clients, she developed a set of emotional health tools that help them repair the broken parts of their lives. In *Stronger Every Day*, she shares those powerful tools with you. In this heartlifting book, she helps you to - transform pain into meaning - experience secure attachment with God - shape healthy thoughts - shift from shame to self-compassion - practice healthy assertiveness - set mental and emotional boundaries - understand triggers and defense mechanisms - regulate emotional highs and lows - cultivate healthy human connection With inspiring Scriptures, quotes, prayers, personal stories, and case studies, Rardon sets you on the path of emotional health so that you can be stronger than ever--every day.

pursuit of wellness podcast: *America the Anxious* Ruth Whippman, 2016-10-04 The author embarks on a pilgrimage to investigate how the national obsession with happiness infiltrates all areas of life, from religion to parenting, from the workplace to academia. She attends a Landmark Forum self-help course, visits Zappos headquarters in Las Vegas (a happiness city), looks into the academic positive psychology movement and spends time in Utah with Mormons, officially America's happiest people.

pursuit of wellness podcast: *The Practice of Love* Lair Torrent, 2022-02-15 A master class in relationship repair and connection. At its core, this book delivers an inconvenient truth. Our relationships have to be a daily practice if we want them to thrive. We should treat them like we treat anything that we want to succeed, by giving them time and attention. For far too long it has been assumed that we should innately understand how to love one another. Relationships have fallen into the category of things we should know how to do. But we are not born knowing how to make a relationship work, any more than we are born knowing how to file taxes or buy insurance, and there are no classes in high school or college that teach us how to do this. *The Practice of Love* is that class. In his work, Lair Torrent, a licensed marriage and family therapist, brings together concepts and tools that can actually help couples heal for the long haul. Diving beneath the symptoms most therapies focus on, he helps couples develop a deeper understanding of the wounds that brought them together and how they show up in their relationships. *The 5 Practices* gives the reader an opportunity to weed out and take responsibility for limiting or negative habits while allowing them to learn and adopt new and healthier practices with their partner. These are not short-term solutions, but rather a path to profound healing, deeper connection, and stronger, happier relationships.

pursuit of wellness podcast: *The Fatburn Fix* Catherine Shanahan, M.D., 2020-03-24 A proven plan to optimize your health by reclaiming your natural ability to burn body fat for fuel The ability to use body fat for energy is essential to health—but over decades of practice, renowned family physician Catherine Shanahan, M.D., observed that many of her patients could not burn their body fat between meals, trapping them in a downward spiral of hunger, fatigue, and weight gain. In *The Fatburn Fix*, Dr. Shanahan shows us how industrially produced vegetable oils accumulate in our body fat and disrupt our body's energy-producing systems, driving food addictions that hijack our moods and habits while making it nearly impossible to control our weight. To reclaim our health, we need to detoxify our body fat and help repair our "fatburn" capabilities. Dr. Shanahan shares five important rules to fix your fatburn: 1) Eat natural fats, not vegetable oils. 2) Eat slow-digesting carbs, not starchy carbs or sweets. 3) Seek salt. 4) Drink plenty of water. 5) Supplement with vitamins and minerals. She then provides a revolutionary, step-by-step plan to help reboot your fatburn potential in as little as two weeks. This customizable two-phase plan is widely accessible, easy to follow, and will appeal to the full spectrum of diet ideologies, from plant-based to carnivore to keto and beyond. By making a few changes to what you eat and when, you will lose unwanted

weight and restore your body's ability to store and release energy. With *The Fatburn Fix*, Dr. Shanahan shows how regaining your fatburn is the key to effortless weight loss and a new, elevated life, paving the way to abundant energy and long-term health and happiness.

pursuit of wellness podcast: *Strawberries Under Skin* Niharika Shah, 2021-08-24 Readers will simmer with love and burn with heartbreak with the honeyed narrative and soft-spoken rhetoric of *Strawberries Under Skin*. Niharika Shah's personal journey through love, loss, and change encapsulate the ebb and flow of life's transitions, as she opens herself to growth and self-discovery. Her vulnerable poetry uses stylistic choices, complex structures, and rhythmic details to recount the highs and lows of falling in love, falling out of it, and repeating the cycle within yourself. From exploring the limits of intimacy to empowering her definitions of femininity, Shah speaks to the beginning, middle, and end of life's many challenges. She invites you to seek refuge from its consuming anxiety, turbulent relationships, and the unquenchable darkness that haunts each of us. But with a 'love conquers all' attitude, Shah gives credence that you'll find the warm, assuring glow at the end of the tunnel.

pursuit of wellness podcast: *The Pursuit of God* A. W. Tozer, 2022-05-28 *The Pursuit of God* is a series of sermons by A.W. Tozer. They focus on fighting and staying clear from Satan while opening hearts and minds to the saving force of God.

pursuit of wellness podcast: *The Vertical Diet* Stan Efferding, Damon McCune, 2021-08-10 With so many diets and programs to choose from, finding the right nutritional path can be challenging. Many modern diets are rooted in misrepresented science, rely heavily on supplements, or are just simply not sustainable in the long term. World's Strongest IFBB Pro Bodybuilder Stan Efferding and Dr. Damon McCune have partnered to bring you a program that sets the confusion aside and puts you on the path to weight loss, better performance, and overall better health, today. *The Vertical Diet* provides practical nutrition and lifestyle solutions that are simple, sensible, and sustainable. Stan and Damon provide a specific plan and comprehensive tools that will help you develop a greater understanding of which foods are nutrient-dense and digested easily and efficiently for maximal health benefits. With example menus and easy-to-follow recipes, *The Vertical Diet* takes all the guesswork out of what to eat and when. You will also learn how to build a daily checklist of healthy behaviors to follow to support your long-term success on the program. *The Vertical Diet* is complete with: A selective (not restrictive) dietary plan that's rich in easy-to-digest carbs and proteins Recommendations for lifestyle changes that address everything from ways to boost metabolism to better sleep hygiene Personal testimonials from *Vertical Diet* clients; data from scientific sources; references to experts in the field, and actionable tools such as calorie calculators, shopping lists, and recipes to help explain these concepts Stan and Damon's *Compliance Is the Science* method to help you establish the motivation and mindset for lifelong success What you learn in these pages will allow you to make informed decisions about your diet and will enable you to approach the dieting process from a total-body perspective. Whether you are a performance athlete, a weekend warrior, or simply looking to take a step toward better health, look no further than *The Vertical Diet*.

pursuit of wellness podcast: *Natural Causes* Barbara Ehrenreich, 2018-04-10 From the celebrated author of *Nickel and Dimed*, Barbara Ehrenreich explores how we are killing ourselves to live longer, not better. A razor-sharp polemic which offers an entirely new understanding of our bodies, ourselves, and our place in the universe, *Natural Causes* describes how we over-prepare and worry way too much about what is inevitable. One by one, Ehrenreich topples the shibboleths that guide our attempts to live a long, healthy life -- from the importance of preventive medical screenings to the concepts of wellness and mindfulness, from dietary fads to fitness culture. But *Natural Causes* goes deeper -- into the fundamental unreliability of our bodies and even our mind-bodies, to use the fashionable term. Starting with the mysterious and seldom-acknowledged tendency of our own immune cells to promote deadly cancers, Ehrenreich looks into the cellular basis of aging, and shows how little control we actually have over it. We tend to believe we have agency over our bodies, our minds, and even over the manner of our deaths. But the latest science

shows that the microscopic subunits of our bodies make their own decisions, and not always in our favor. We may buy expensive anti-aging products or cosmetic surgery, get preventive screenings and eat more kale, or throw ourselves into meditation and spirituality. But all these things offer only the illusion of control. How to live well, even joyously, while accepting our mortality -- that is the vitally important philosophical challenge of this book. Drawing on varied sources, from personal experience and sociological trends to pop culture and current scientific literature, *Natural Causes* examines the ways in which we obsess over death, our bodies, and our health. Both funny and caustic, Ehrenreich then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end -- while still reveling in the lives that remain to us.

pursuit of wellness podcast: The Pursuit of Excellence: The Uncommon Behaviors of the World's Most Productive Achievers Ryan Hawk, 2022-01-25 A master class in achieving and sustaining excellence, even in the most challenging of times—from the host of The Learning Leader Show and author of *Welcome to Management Millions* of business professionals aspire to become effective leaders. But for hardworking, growth-oriented top performers who are always looking to improve and for rigorous thinkers who are never quite satisfied with the status quo, the true goal is the lifelong pursuit of excellence. Leadership advisor Ryan Hawk has interviewed hundreds of the most productive achievers in the world on his acclaimed podcast, The Learning Leader Show, to discover the best practices for pursuing and sustaining excellence. He found a pattern of uncommon behaviors that set these stellar individuals apart. By following their examples, you will learn how to: Commit to yourself and the process—and build purpose, focus, and discipline Develop resilience to face new challenges—and find inspiration for the long haul Seek guidance—and lead others to new heights Meet the moment—and make the most of every opportunity to excel Create a trusted group of advisors—and become a lifelong learner Packed with specific actions to take, experiments to run, and tools to analyze what works best for you, this uncompromisingly practical guide will inspire, challenge, support, and empower you to become your very best. Put mindsets into action and turn behaviors into habits with *The Pursuit of Excellence*.

pursuit of wellness podcast: The Feel Good Effect Robyn Conley Downs, 2020-09-01 A groundbreaking approach to wellness that will help you cut through the clutter and find the small shifts that create huge changes in your life, from the host of the podcast *The Feel Good Effect* “An absolutely fresh and insightful guide . . . If you’re looking to create more calm, clarity, and joy, this book is for you.”—Shauna Shapiro, Ph.D., author of *Good Morning I Love You* What if wellness isn’t about achieving another set of impossible standards, but about finding what works—for you? Radically simple and ridiculously doable, *The Feel Good Effect* helps you redefine wellness, on your own terms. Drawing from cutting-edge science on mindfulness, habit, and behavior change, podcast host Robyn Conley Downs offers a collection of small mindset shifts that allow for more calm, clarity, and joy in everyday life, embracing the idea that “gentle is the new perfect” when it comes to sustainable wellness. She then leads you through an easy set of customizable habits for happiness and health in mind, body, and soul, allowing you to counteract stress and prevent burnout. Instead of trying to get more done, *The Feel Good Effect* offers a refreshingly sane approach that will allow you to identify and focus on the elements that actually move the needle in your life right now. Less striving. More ease. It’s time to feel good.

pursuit of wellness podcast: How to Just Eat It Laura Thomas, 2021-01-12 Laura is a fire starter of the revolution in how we think about food, eating and our bodies' Red Laura Thomas PhD shows you how to actually break the diet cycle and free yourself from restrictive dieting and punishing exercise, one step at a time. *How to Just Eat It* is a practical and interactive guide from bestselling author of *Just Eat It* and Registered Nutritionist Laura Thomas PhD. This book contains more than eighty activities – from journalling to self-care techniques – to help you reframe your approach to food and eating and find an escape from diets and restriction. Beginning with simple exercises for changing your mindset, Thomas shows how to use easy everyday tools to break free from prevailing diet mentality, understand fullness cues, and nurture a neutral, judgement-free approach to food. Thanks to expert step-by-step guidance and support through the principles of

Intuitive Eating as well as other therapeutic practices, the book will prepare you with a range of personalised tools and skills that give structure to a new and better relationship with food and your body.

pursuit of wellness podcast: You Only Live Once Jason Vitug, 2016-06-07 Get your finances in order with smart budgeting and money mindfulness You Only Live Once is the guide to achieving your best life through smart money moves. Before you even begin making a budget, you need to think about why. Where do you see yourself financially in ten years? Five years? This time next year? What does money do for you? Once you know your destination, you can begin charting your course. Step-by-step guidance walks you through the budgeting process, and shows you how to plan your financial path to point toward your goals. You'll learn how to prioritize spending, how to save efficiently, and how to take advantage of simple tools you didn't know you had. Next comes the most important part: taking control. You need to really look at how you perceive and use money day-to-day. Chances are, changing a few habits could give you some breathing room and help you reach your goals sooner. You work hard for your money, yet there never seems to be enough. You don't need to live like a pauper, but you need to be truly aware of just where your money is going, and why. Financial awareness is the key to a financially secure future, and this book unpacks it all to help you get where you want to go. Accept past decisions and articulate your financial goals Align your lifestyle with your budget Explore your relationship with money Re-evaluate financial habits and behaviors You know you need a budget, but you never seem to get around to doing it. Or maybe you did, but you can never seem to stick to it. Smart planning is a major factor in financial security, and it involves just as much introspection as math. You Only Live Once is more than a budgeting guide—it's a guide to revamping your financial behaviors to achieve the life you want.

pursuit of wellness podcast: Revolutionary Medicine Jeanne E Abrams, 2013-09-13 An engaging history of the role that George Washington, Thomas Jefferson, and Benjamin Franklin played in the origins of public health in America. Before the advent of modern antibiotics, one's life could be abruptly shattered by contagion and death, and debility from infectious diseases and epidemics was commonplace for early Americans, regardless of social status. Concerns over health affected the Founding Fathers and their families as it did slaves, merchants, immigrants, and everyone else in North America. As both victims of illness and national leaders, the Founders occupied a unique position regarding the development of public health in America. Historian Jeanne E. Abrams's *Revolutionary Medicine* refocuses the study of the lives of George and Martha Washington, Benjamin Franklin, Thomas Jefferson, John and Abigail Adams, and James and Dolley Madison away from politics to the perspective of sickness, health, and medicine. For the Founders, republican ideals fostered a reciprocal connection between individual health and the "health" of the nation. Studying the encounters of these American Founders with illness and disease, as well as their viewpoints about good health, not only provides a richer and more nuanced insight into their lives, but also opens a window into the practice of medicine in the eighteenth century, which is at once intimate, personal, and first hand. Today's American public health initiatives have their roots in the work of America's Founders, for they recognized early on that government had compelling reasons to shoulder some new responsibilities with respect to ensuring the health and well-being of its citizenry—beginning the conversation about the country's state of medicine and public healthcare that continues to be a work in progress.

pursuit of wellness podcast: Intentionally Well Jerry Frentsos, 2020-05-14 *Intentionally Well* is a creative collaborative work between athlete Jerry Frentsos and musical artist Alyson Moore. Athletics and Arts are perfectly partnered in this text that wraps storytelling around scientific and mathematical fact to teach all readers how to maximize the economy of their health in a fun and exciting way.

pursuit of wellness podcast: Dressing on the Side (and Other Diet Myths Debunked) Jaclyn London, 2019-01-08 From the Head of Nutrition and Wellness at WW and former Good Housekeeping Nutrition Director comes a scientifically-based, simple and straightforward guide to healthful habits for weight loss. Whether it's a new fad, detox diet, news report or a

celebrity-endorsed supplement, the constant flow of diet information is cluttered, conflicting, and often devoid of scientific research -- leaving millions of us confused, overwhelmed, and feeling totally helpless in taking ownership our health and making better food choices. In *Dressing on the Side*, Jaclyn London -- head of Nutrition and Wellness at WW and former Nutrition Director of Good Housekeeping -- debunks the diet myths and mental blocks that keep you from reaching your health and weight-loss goals. Filled with accessible information, simple strategies, and practical application of scientific research, London breaks what's at the heart of the issue and offers tools, short-cuts, and solutions that work within any scenario, including: Using your schedule to inform your food choices Identifying fake nutrition news Eating to feel satisfied, not just full Making the choice to eat dessert -- daily London empowers us to form life-long habits that result in real, long-lasting change -- while meeting the demands of our busier-than-ever lifestyles. *Dressing on the Side* is the anti-diet book that will completely transform the way you think (and speak!) about food and health -- and help you lose weight for good.

pursuit of wellness podcast: *Can't Hurt Me* David Goggins, 2021-03-03 New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare -- poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring *Outside* magazine to name him The Fittest (Real) Man in America. In *Can't Hurt Me*, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

pursuit of wellness podcast: *Voicing Change* Rich Roll, 2021 AT A TIME WHEN MANY ARE SEEKING INSTANT GRATIFICATION, A SHORTCUT TO SUCCESS, A PROVEN HACK TO MASTERY, OR A COMFORTABLE WAY THROUGH PERSONAL TRANSFORMATION, RICH ROLL HAS MADE HIS PROCESS PUBLIC-AN EXERCISE IN COUNTER-PROGRAMMING THAT HAS RESONATED WITH A GLOBAL AUDIENCE. Central to his ongoing quest to unlock his best self, Rich has spent the last eight years convening with unique thinkers in medicine, business, human performance, spirituality, and the arts, broadcasting the enduring wisdom of this guests through his acclaimed podcast. Each conversation is a long-form deep dive shepherded by Rich's insatiable curiosity and earnest quest for universal truths, life lessons, and the enduring inspiration that we can all benefit from. *Voicing Change* is a highlight reel of some of the weekly magic that transpires between one of the podcast medium's most influential hosts and today's most accomplished-or sometimes most cutting edge-minds and personalities.

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