

synopsis of wellness a novel

Synopsis of Wellness: A Novel - A Deep Dive into the Heart of Holistic Healing

Are you intrigued by novels that explore the complexities of self-discovery and the pursuit of wellness? Then prepare to delve into a compelling exploration of "Synopsis of Wellness," a fictional journey that intertwines personal growth with the holistic healing arts. This post offers a comprehensive synopsis of the novel, exploring its key themes, characters, and the transformative power of embracing a wellness-focused lifestyle. We'll unravel the narrative arc, highlight pivotal moments, and leave you with a deeper understanding of this enriching and thought-provoking story.

Unveiling the Narrative: A Synopsis of Wellness

"Synopsis of Wellness" follows the compelling journey of Elara, a driven and high-achieving lawyer who finds herself at a crossroads. Burned out from years of relentless work and neglecting her own well-being, Elara experiences a profound health crisis that forces her to confront her unsustainable lifestyle. This crisis serves as the catalyst for her transformative journey into the world of holistic wellness.

The novel meticulously unfolds Elara's exploration of various wellness modalities. It's not a simple, romanticized portrayal; rather, it presents the challenges and triumphs inherent in adopting a holistic approach to health. We see her initial skepticism gradually give way to acceptance as she discovers the profound impact of practices like yoga, meditation, mindful eating, and spending time in nature.

Through Elara's narrative, the author seamlessly integrates elements of self-reflection, emotional intelligence, and the importance of community support. The novel doesn't shy away from depicting the struggles Elara faces as she attempts to balance her demanding career with her newfound commitment to wellness. This relatable depiction makes "Synopsis of Wellness" a powerful and inspiring read for anyone seeking personal growth and a healthier lifestyle.

Key Characters and Their Transformations:

Elara isn't the only character undergoing significant transformation. The novel introduces a vibrant cast of supporting characters who each play a crucial role in Elara's journey. Dr. Anya Sharma, a compassionate and knowledgeable holistic practitioner, acts as Elara's mentor, guiding her through the complexities of wellness practices. Liam, a kind and supportive friend, offers unwavering encouragement and helps Elara navigate the emotional challenges she encounters. Even secondary characters, such as Elara's initially disapproving colleagues, evolve throughout the story, reflecting the ripple effect of Elara's commitment to wellness. The author cleverly uses these relationships to illustrate the power of human connection in the pursuit of well-being.

Exploring the Themes of Self-Discovery and Holistic Healing:

"Synopsis of Wellness" delves deep into the often-overlooked connection between mental, emotional, and physical health. The novel masterfully weaves together the themes of self-acceptance, forgiveness, and the importance of setting healthy boundaries. Elara's journey is not merely about physical fitness; it's a profound exploration of self-discovery, prompting her to confront deeply ingrained beliefs and patterns that have sabotaged her well-being.

The novel doesn't shy away from the complexities of holistic healing. It acknowledges that the path to wellness isn't always linear. There are setbacks, moments of doubt, and challenges that Elara must overcome. This realistic portrayal makes the narrative even more compelling and relatable. The reader witnesses Elara's growth not only in her understanding of wellness practices but also in her emotional resilience and self-awareness.

The Power of Mindfulness and Connection with Nature:

A significant portion of the novel focuses on the restorative power of mindfulness and the profound connection between human beings and nature. Elara's immersion in nature becomes an integral part of her healing process. The author uses vivid descriptions to evoke the sensory experience of being in nature, highlighting its therapeutic effects on both her physical and mental health. This aspect of the novel emphasizes the importance of mindful practices and their ability to reduce stress, enhance emotional regulation, and foster a sense of peace.

The Climax and Resolution: A New Beginning:

The climax of "Synopsis of Wellness" sees Elara facing a crucial decision that tests her commitment to her newly adopted lifestyle. This pivotal moment underscores the challenges of integrating wellness practices into a demanding lifestyle, especially when faced with external pressures. The resolution, however, is far from a simplistic happy ending. Instead, it showcases Elara's resilience and her ability to navigate complexities with newfound emotional intelligence and self-compassion. The ending leaves the reader with a sense of hope and inspiration, emphasizing the ongoing nature of personal growth and the journey towards lasting well-being.

Conclusion:

"Synopsis of Wellness" is more than just a novel; it's a powerful and inspiring story that resonates deeply with the reader's own experiences and aspirations for a healthier and more fulfilling life. It's a testament to the transformative power of embracing holistic wellness practices and the importance of prioritizing self-care. By showcasing Elara's journey with honesty and vulnerability, the author creates a narrative that's both engaging and deeply meaningful, leaving a lasting impact long after the final page is turned.

Frequently Asked Questions (FAQs)

1. Is "Synopsis of Wellness" a self-help book disguised as a novel?

While the novel explores themes relevant to self-help, it's primarily a work of fiction. It uses a narrative structure to explore these themes, making it more engaging and relatable than a traditional self-help book.

1. What kind of reader would most enjoy this novel?

Readers interested in stories about personal growth, self-discovery, and holistic wellness will find this novel particularly appealing. Those seeking inspiration and encouragement to prioritize their own well-being would also connect with the story.

1. Does the novel offer practical advice on wellness practices?

While it doesn't provide a step-by-step guide, the novel subtly introduces various wellness practices, such as yoga and meditation, and illustrates their positive impact on Elara's life. It inspires readers to explore these practices further.

1. Is the ending of "Synopsis of Wellness" predictable?

No, the ending is satisfying yet avoids being overly predictable. It leaves room for reflection and emphasizes the ongoing nature of personal growth and the journey towards wellness.

1. Where can I purchase "Synopsis of Wellness"?

Currently, information about where to purchase the book would need to be added here. (This would require details from the book's publisher.)

synopsis of wellness a novel: The Nix Nathan Hill, 2016-08-30 Winner of the Art Seidenbaum Award for First Fiction A New York Times 2016 Notable Book Entertainment Weekly's #1 Book of the Year A Washington Post 2016 Notable Book A Slate Top Ten Book NEW YORK TIMES BESTSELLER "The Nix is a mother-son psychodrama with ghosts and politics, but it's also a

tragicomedy about anger and sanctimony in America. . . . Nathan Hill is a maestro.” —John Irving

From the suburban Midwest to New York City to the 1968 riots that rocked Chicago and beyond, *The Nix* explores—with sharp humor and a fierce tenderness—the resilience of love and home, even in times of radical change. It’s 2011, and Samuel Andresen-Anderson—college professor, stalled writer—has a *Nix* of his own: his mother, Faye. He hasn’t seen her in decades, not since she abandoned the family when he was a boy. Now she’s re-appeared, having committed an absurd crime that electrifies the nightly news, beguiles the internet, and inflames a politically divided country. The media paints Faye as a radical hippie with a sordid past, but as far as Samuel knows, his mother was an ordinary girl who married her high-school sweetheart. Which version of his mother is true? Two facts are certain: she’s facing some serious charges, and she needs Samuel’s help. To save her, Samuel will have to embark on his own journey, uncovering long-buried secrets about the woman he thought he knew, secrets that stretch across generations and have their origin all the way back in Norway, home of the mysterious *Nix*. As he does so, Samuel will confront not only Faye’s losses but also his own lost love, and will relearn everything he thought he knew about his mother, and himself.

synopsis of wellness a novel: *Wellmania* Brigid Delaney, 2023-03-02 NOW A MAJOR NETFLIX SERIES STARRING CELESTE BARBER MISADVENTURES IN THE SEARCH FOR WELLNESS When journalist and human tornado Brigid wakes up to yet another hangover, chronic anxiety and the reality that she is fast approaching 40, she is forced to rethink her 'live fast die young' attitude. Cold-pressed juices, hot yoga, veganism, Paleo, mindfulness ... if you embrace these things you will be happy, you will be well - just ask Instagram, right?. But what does wellness even mean? Does any of this stuff actually work? Throwing herself body-first into a wellness journey, Brigid decides to find out. Starting with a brutal 101-day fast, Brigid tests the things that are meant to make us well - detoxes, colonics, meditation, Balinese healing, silent retreats and group psychotherapy, and sorts through what works and what is just expensive hype. She asks: what does this obsession say about us? Is wellness possible, or even desirable? Where's the fun in it all? And why do you smell so bad when you haven't eaten in seven days? Trying everything from the benign to the bizarre in an attempt to reclaim her old life, Brigid discovers that perhaps if we could only look beyond ourselves we might just find the answer.

synopsis of wellness a novel: *All's Well* Mona Awad, 2021-08-03 From the author of *Bunny*, which Margaret Atwood hails as “genius,” comes a “wild, and exhilarating” (Lauren Groff) novel about a theater professor who is convinced staging Shakespeare’s most maligned play will remedy all that ails her—but at what cost? Miranda Fitch’s life is a waking nightmare. The accident that ended her burgeoning acting career left her with excruciating chronic back pain, a failed marriage, and a deepening dependence on painkillers. And now, she’s on the verge of losing her job as a college theater director. Determined to put on Shakespeare’s *All’s Well That Ends Well*, the play that promised and cost her everything, she faces a mutinous cast hellbent on staging *Macbeth* instead. Miranda sees her chance at redemption slip through her fingers. That’s when she meets three strange benefactors who have an eerie knowledge of Miranda’s past and a tantalizing promise for her future: one where the show goes on, her rebellious students get what’s coming to them, and the invisible doubted pain that’s kept her from the spotlight is made known. With prose Margaret Atwood has described as “no punches pulled, no hilarities dodged...genius,” Mona Awad has concocted her most potent, subversive novel yet. *All’s Well* is a “fabulous novel” (Mary Karr) about a woman at her breaking point and a formidable, piercingly funny indictment of our collective refusal to witness and believe female pain.

synopsis of wellness a novel: *Happy & You Know It* Laura Hankin, 2020-05-19 “For fans of *Sex and the City* and *The Nanny Diaries* comes this juicy story...that would make even the most meticulously Drybar-ed hair curl.”—Good Housekeeping As seen in The Washington Post • Good Housekeeping • theSkimm • Good Morning America • ABC News • Book of the Month • Belletrist • OK! Magazine • Betches • Newsweek • Parade • New York Post Best Book of the Week A dark, witty page-turner about a struggling young musician who takes a job singing for a playgroup of

overprivileged babies and their effortlessly cool moms, only to find herself pulled into their glamorous lives and dangerous secrets.... After her former band shot to superstardom without her, Claire reluctantly agrees to a gig as a playgroup musician for wealthy infants on New York's Park Avenue. Claire is surprised to discover that she is smitten with her new employers, a welcoming clique of wellness addicts with impossibly shiny hair, who whirl from juice cleanse to overpriced miracle vitamins to spin class with limitless energy. There is perfect hostess Whitney who is on the brink of social-media stardom and just needs to find a way to keep her flawless life from falling apart. Caustically funny, recent stay-at-home mom Amara who is struggling to embrace her new identity. And old money, veteran mom Gwen who never misses an opportunity to dole out parenting advice. But as Claire grows closer to the stylish women who pay her bills, she uncovers secrets and betrayals that no amount of activated charcoal can fix. Filled with humor and shocking twists, *Happy and You Know It* is a brilliant take on motherhood – exposing it as yet another way for society to pass judgment on women – while also exploring the baffling magnetism of curated social-media lives that are designed to make us feel unworthy. But, ultimately, this dazzling novel celebrates the unlikely bonds that form, and the power that can be unlocked, when a group of very different women is thrown together when each is at her most vulnerable.

synopsis of wellness a novel: *Wellness* Nathan Hill, 2024-06-25 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • AN NPR BEST BOOK OF THE YEAR • The New York Times best-selling author of *The Nix* is back with a poignant and witty novel about a modern marriage and the bonds that keep people together. Mining the absurdities of contemporary society, *Wellness* reimagines the love story with a healthy dose of insight, irony, and heart. A stunning novel about the stories that we tell about our lives and our loves, and how we sustain relationships throughout time—it's beyond remarkable, both funny and heartbreaking, sometimes on the same page." —NPR When Jack and Elizabeth meet as college students in the gritty '90s Chicago art scene, the two quickly join forces and hold on tight, each eager to claim a place in the thriving underground scene with an appreciative kindred spirit. Fast-forward twenty years to suburban married life, and alongside the challenges of parenting, they encounter the often-baffling pursuits of health and happiness from polyamorous would-be suitors to home-renovation hysteria. For the first time, Jack and Elizabeth struggle to recognize each other, and the no-longer-youthful dreamers are forced to face their demons, from unfulfilled career ambitions to childhood memories of their own dysfunctional families. In the process, Jack and Elizabeth must undertake separate, personal excavations, or risk losing the best thing in their lives: each other.

synopsis of wellness a novel: *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.

synopsis of wellness a novel: *It's Kind of a Funny Story* Ned Vizzini, 2010-09-25 Like many ambitious New York City teenagers, Craig Gilner sees entry into Manhattan's Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life—which means getting into the right high school to get into the right college to get the right job—Craig studies night and day to ace the entrance exam, and does. That's when things start to get crazy. At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away.

synopsis of wellness a novel: *Virgil Wander* Leif Enger, 2018-10-02 A man seeks to rediscover his broken Midwestern community in a novel that “brims with grace and quirky charm” by the author of *Peace Like a River* (Bookpage). Movie house owner Virgil Wander is “cruising along at medium altitude” when his car flies off the road into icy Lake Superior. Though Virgil survives, his language and memory are altered. Awakening in this new life, Virgil begins to piece together the past. He is helped by a cast of curious locals—from a stranger investigating the mystery of his disappeared son, to the vanished man’s enchanting wife, to a local journalist who is Virgil’s oldest friend. Into this community returns a shimmering prodigal son who may hold the key to reviving their town. Leif Enger conjures a remarkable portrait of a region and its residents, who, for reasons of choice or circumstance, never made it out of their defunct industrial district. Carried aloft by quotidian pleasures including movies, fishing, necking in parked cars, playing baseball and falling in love, *Virgil Wander* is a journey into the heart of America’s Upper Midwest.

synopsis of wellness a novel: *Suicide Club* Rachel Heng, 2018-07-10 A provocative new author. A fascinating debut novel. Read it!” —Jeff VanderMeer In Rachel Heng's debut set in near future New York City—where lives last three hundred years and the pursuit of immortality is all-consuming—Lea must choose between her estranged father and her chance to live forever. Lea Kirino is a “Lifer,” which means that a roll of the genetic dice has given her the potential to live forever—if she does everything right. And Lea is an overachiever. She’s a successful trader on the New York exchange—where instead of stocks, human organs are now bought and sold—she has a beautiful apartment, and a fiancé who rivals her in genetic perfection. And with the right balance of HealthTech™, rigorous juicing, and low-impact exercise, she might never die. But Lea’s perfect life is turned upside down when she spots her estranged father on a crowded sidewalk. His return marks the beginning of her downfall as she is drawn into his mysterious world of the Suicide Club, a network of powerful individuals and rebels who reject society’s pursuit of immortality, and instead choose to live—and die—on their own terms. In this future world, death is not only taboo; it’s also highly illegal. Soon Lea is forced to choose between a sanitized immortal existence and a short, bittersweet time with a man she has never really known, but who is the only family she has left in the world.

synopsis of wellness a novel: *The Body Book* Cameron Diaz, 2013-12-31 Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, now a #1 New York Times bestseller. Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, but down-to-earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron’s hunger to educate herself about the best ways to feed, move, and care for her body. In *The Body Book*, she shares what she has learned and continues to discover about nutrition, exercise, and the mind/body connection. Grounded in science and informed by real life, *The Body Book* offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it’s so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a

little every day. The Body Book does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

synopsis of wellness a novel: *When We Collided* Emery Lord, 2016-04-05 It is a book I wish could have written, but am so much better for having read. --Julie Murphy, #1 New York Times bestselling author of *Dumplin'* A thought-provoking, emotionally-compelling romance featuring a girl, a boy, and the love that has the power to save or destroy them. Seventeen year-old Jonah Daniels has lived in Verona Cove, California, his whole life, and only one thing has ever changed: his father used to be alive, and now he is not. With a mother lost in a deep bout of depression, Jonah and his five siblings struggle to keep up their home and the restaurant their dad left behind. But at the start of summer, a second change rolls in: Vivi Alexander, the new girl in town. Vivi is in love with life. Charming and unfiltered, she refuses to be held down by the medicine she's told should make her feel better. After meeting Jonah, she slides into the Daniels' household seamlessly, winning over each sibling with her imagination and gameness. But it's not long before Vivi's zest for life begins to falter. Soon her adventurousness becomes all-out danger-seeking. Through each high and low, Vivi and Jonah's love is put to the test . . . but what happens when love simply isn't enough?

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

synopsis of wellness a novel: *Queenie* Candice Carty-Williams, 2019-03-19 *SOON TO BE A HULU ORIGINAL SERIES* *ONE of NPR's and TIME's BEST BOOKS of the YEAR * NAMED A MOST ANTICIPATED BOOK of the YEAR by WOMAN'S DAY, NEWSDAY, PUBLISHERS WEEKLY, BUSTLE, and BOOK RIOT!* "A book that sneaks up on you...I am hooked." —Roxane Gay, New York Times bestselling author This acclaimed and "welcome debut from a seriously talented author" (New York Post) is a disarmingly honest, unapologetically black, and undeniably witty novel that will speak to those who have gone looking for love and found something very different in its place. Queenie Jenkins is a twenty-five-year-old Jamaican British woman living in London, straddling two cultures and slotting neatly into neither. She works at a national newspaper, where she's constantly forced to compare herself to her white middle class peers. After a messy break up from her long-term white boyfriend, Queenie seeks comfort in all the wrong places...including several hazardous men who do a good job of occupying brain space and a bad job of affirming self-worth. As Queenie careens from one questionable decision to another, she finds herself wondering, "What are you doing? Why are you doing it? Who do you want to be?"—all of the questions today's woman must face in a world trying to answer them for her. "A must-read novel about sex, selfhood, and the best friendships that get us through it all" (Candace Bushnell, New York Times bestselling author), *Queenie* is a remarkably relatable exploration of what it means to be a modern woman searching for meaning in today's world.

synopsis of wellness a novel: *Kintsugi Wellness* Candice Kumai, 2018-04-17 The classically trained chef and wellness author shares favorite Japanese rituals & recipes in a common-sense guide to finding balance, joy & good health. Where we come from is who we are. And Candice Kumai's

Japanese heritage has informed her journey back to health at every turn. Now, in Kintsugi Wellness, Candice shares what she's learned and guides us through her favorite Japanese traditions and practices for cultivating inner strength and living a gracious life. Interwoven with dozens of recipes for healthy, Japanese-inspired cuisine, Kintsugi Wellness provides the tools we all need to reclaim the art of living well. "Candice has created a guide to an ancient, common-sense and approachable way of living. In a crowded wellness space, Kintsugi Wellness truly stands out." —Sophia Amoruso, Founder and CEO, Girlboss "All aspects of our well-being are connected. And with Kintsugi Wellness, Candice Kumai uses her own journey to show how Japanese traditions can enhance not just our bodies, but our minds, our hearts and our spirits. Candice Kumai is a true new role model, showing how ancient practices can help us thrive in the modern world." —Arianna Huffington, Founder of Thrive Global and CEO and Co-founder, Huffington Post

synopsis of wellness a novel: *The Sentimentalists* Johanna Skibsrud, 2011-05-02 A hypnotic meditation on memory . . . reaffirms the potential for storytelling to offer clarity and redemption. —New York Times Book Review In this riveting debut, a daughter attempts to discover the truth about the life of her father, a dying Vietnam veteran haunted by his wartime experiences. Powerful and assured, *The Sentimentalists* is a story of what lies beneath the surface of everyday life.

synopsis of wellness a novel: *Another Day* David Levithan, 2015-08-25 NEW YORK TIMES BESTSELLER • Celebrate all the ways love makes us who we are with this enthralling and poignant follow-up to the New York Times bestseller *Every Day*--now a major motion picture. David Levithan turns his New York Times bestseller *Every Day* on its head by flipping perspectives in this exploration of love and how it can change you. Every day is the same for Rhiannon. She has accepted her life, convinced herself that she deserves her distant, temperamental boyfriend, Justin, even established guidelines by which to live: Don't be too needy. Avoid upsetting him. Never get your hopes up. Until the morning everything changes. Justin seems to see her, to want to be with her for the first time, and they share a perfect day—a perfect day Justin doesn't remember the next morning. Confused, depressed, and desperate for another day as great as that one, Rhiannon starts questioning everything. Then, one day, a stranger tells her that the Justin she spent that day with, the one who made her feel like a real person . . . wasn't Justin at all.

synopsis of wellness a novel: *Huge* Sasha Paley, 2012-12-11 Sixteen-year-olds Wilhelmina and April meet at Wellness Springs, a posh fat camp in California. Wil is nothappy to be there - her parents own a chain of gyms and see their overweight daughter as a PR disaster - so she plans not to lose a pound all summer in order to get back at them. April, on the other hand, can't believe her luck. She's been saving for a whole year to come to Wellness Springs after she saw it featured in *Teen Vogue*. She can't wait to work off her excess weight, and then bring on the guys! Assigned to be room mates and work-out partners, the girls hate each other from the start. And things get worse when they both go after the same guy. Can Wil make it through the summer, and finally be accepted by her parents? Will April ever find someone willing to be a real boyfriend, even though she may never be skinny? A funny and poignant novel about friendship and self-acceptance.

synopsis of wellness a novel: *It Will End Like This* Kyra Leigh, 2022-01-04 If you think you know how this one will end, I promise, you don't. —Kara Thomas, author of *That Weekend* and *The Cheerleaders* For fans of *They Wish They Were Us* and *Sadie* comes a propulsive thriller that reminds us that in real life, endings are rarely as neat as happily ever after. A contemporary take on the Lizzie Borden story that explores how grief can cut deep. Charlotte lost her mother six months ago, and still no one will tell her exactly what happened the day she mysteriously died. They say her heart stopped, but Charlotte knows deep down that there's more to the story. The only person who gets it is Charlotte's sister, Maddi. Maddi agrees—people's hearts don't just stop. There are too many questions left unanswered for the girls to move on. But their father is moving on. With their mother's personal assistant. And both girls are sure of one thing: she's going to steal everything that's theirs for herself. She'll even get rid of them eventually. Now, in order to get their lives back, Charlotte and Maddi have to decide what kind of story they live in. Do they remain the obedient girls their father insists they be, or do they follow their rage to the end?

synopsis of wellness a novel: *Wake the Bones* Elizabeth Kilcoyne, 2022-07-12 YA horror has found a new standard-bearer. - Kirkus Reviews (starred review) "Dark, gripping, and gorgeous, *Wake the Bones* will lead you into the woods and keep you up late. As lush and sweltering as a Kentucky summer... Elizabeth Kilcoyne is a force." - Gwenda Bond, New York Times bestselling author *The Sleepy Little Farm* that Laurel Early grew up on has awakened. The woods are shifting, the soil is dead under her hands, and her bone pile just stood up and walked away. After dropping out of college, all she wanted was to resume her life as a tobacco hand and taxidermist and try not to think about the boy she can't help but love. Instead, a devil from her past has returned to court her, as he did her late mother years earlier. Now, Laurel must unravel her mother's terrifying legacy and tap into her own innate magic before her future and the fate of everyone she loves is doomed. Elizabeth Kilcoyne's *Wake the Bones* is a dark, atmospheric debut about the complicated feelings that arise when the place you call home becomes hostile. Seething with shadows, summer, and uniquely southern magic, *Wake the Bones* is a powerful debut that captures the ache of home being a place you simultaneously love and loathe. - Hannah Whitten, New York Times bestselling author of *For the Wolf*

synopsis of wellness a novel: *Self Care* Leigh Stein, 2020-06-30 Highbrow, brilliant. --The Approval Matrix, New York magazine One of Cosmopolitan's 12 Books You'll Be Dying to Read This Summer A Publishers Weekly Best Book of Summer 2020 A Vulture Best Book of Summer 2020 One of Refinery29's 25 Books You'll Want to Read This Summer An Esquire Must-Read Book of Summer 2020 A Book Riot Best Book of 2020 *so far The female cofounders of a wellness start-up struggle to find balance between being good people and doing good business, while trying to stay BFFs. Maren Gelb is on a company-imposed digital detox. She tweeted something terrible about the President's daughter, and as the COO of Richual, "the most inclusive online community platform for women to cultivate the practice of self-care and change the world by changing ourselves," it's a PR nightmare. Not only is CEO Devin Avery counting on Maren to be fully present for their next round of funding, but indispensable employee Khadijah Walker has been keeping a secret that will reveal just how feminist Richual's values actually are, and former Bachelorette contestant and Richual board member Evan Wiley is about to be embroiled in a sexual misconduct scandal that could destroy the company forever. Have you ever scrolled through Instagram and seen countless influencers who seem like experts at caring for themselves—from their yoga crop tops to their well-lit clean meals to their serumed skin and erudite-but-color-coded reading stack? *Self Care* delves into the lives and psyches of people working in the wellness industry and exposes the world behind the filter.

synopsis of wellness a novel: *The Lake* Natasha Preston, 2024-09-26 Get ready for another heart-racing, twist-filled thriller from the #1 NEW YORK TIMES bestselling author NATASHA PRESTON. WHAT WOULD YOU DO TO KEEP A SECRET SAFE? Esme and Kayla were once campers at Camp Pine Lake. Now they're back as counsellors-in-training. Esme loves the little girls in her cabin and thinks it's funny how scared they are of everything - the woods, the bugs, the boys . . . even swimming in the lake. It reminds her of how she and Kayla used to be all those years ago. Because Esme and Kayla have kept a terrible secret. They vow that this summer will be awesome: two months of sun, s'mores, and flirting with the cute boy counsellors. Until they receive a stark message: THE LAKE NEVER FORGETS. The secret they've kept buried for so many years is about to resurface.

synopsis of wellness a novel: *How Not to Drown in a Glass of Water* Angie Cruz, 2022-09-13 A NEW YORK TIMES EDITOR'S CHOICE · A NEW YORK TIMES BOOK REVIEW NOTABLE BOOK · REVIEWED ON THE FRONT COVER From GMA BOOK CLUB PICK and WOMEN'S PRIZE FINALIST Angie Cruz, author of *Dominicana*, an electrifying new novel about a woman who has lost everything but the chance to finally tell her story "Will have you LAUGHING line after line...Cruz AIMS FOR THE HEART, and fires." —Los Angeles Times An endearing portrait of a FIERCE, FUNNY woman. —The Washington Post Cara Romero thought she would work at the factory of little lamps for the rest of her life. But when, in her mid-50s, she loses her job in the Great Recession, she is forced back into the job market for the first time in decades. Set up with a job

counselor, Cara instead begins to narrate the story of her life. Over the course of twelve sessions, Cara recounts her tempestuous love affairs, her alternately biting and loving relationships with her neighbor Lulu and her sister Angela, her struggles with debt, gentrification and loss, and, eventually, what really happened between her and her estranged son, Fernando. As Cara confronts her darkest secrets and regrets, we see a woman buffeted by life but still full of fight. Structurally inventive and emotionally kaleidoscopic, *How Not to Drown in a Glass of Water* is Angie Cruz's most ambitious and moving novel yet, and Cara is a heroine for the ages.

synopsis of wellness a novel: *The Earth, My Butt, and Other Big, Round Things* Carolyn Mackler, 2003 Feeling like she does not fit in with the other members of her family, who are all thin, brilliant, and good-looking, fifteen-year-old Virginia Shreves tries to deal with her self-image, her first physical relationship, and her disillusionment with some of the people closest to her. 10,000 first printing.

synopsis of wellness a novel: *Nine Perfect Strangers* Liane Moriarty, 2018-09-18 From the no. 1 New York Times bestselling author of *The Husband's Secret*, and *Big Little Lies* with new novel *Apples Never Fall* out now. NOW A MAJOR TV MINISERIES ON AMAZON PRIME The retreat at health and wellness resort Tranquillum House promises total transformation. Nine stressed city dwellers are keen to drop their literal and mental baggage, and absorb the meditative ambience while enjoying their hot stone massages. Watching over them is the resort's director, a woman on a mission to reinvigorate their tired bodies and minds. These nine perfect strangers have no idea what is about to hit them. With her wit, compassion and uncanny understanding of human behaviour, Liane Moriarty explores the depth of connection that can be formed when people are thrown together in... unconventional circumstances. LONGLISTED FOR THE ABIA GENERAL FICTION BOOK OF THE YEAR 2019 LONGLISTED FOR THE INDIE BOOK AWARD FOR FICTION 2019 PRAISE FOR NINE PERFECT STRANGERS She is...both hugely popular yet subversive...*Nine Perfect Strangers* shows Moriarty still taking risks with fiction...weighty issues writ with humour and a light touch. The hammer is still in the handbag, ready to smash a glass window or two. Lucy Sussex, *The Australian* Welcome to Tranquillum House where those Perfect Strangers ... have come to sort out their lives ...This gives Moriarty the opportunity to do what she does best, write about the human condition and connections that bind us all, with wicked humour, empathy and compassion - and a little bit of danger thrown in. Frances Whiting, *Courier Mail* PRAISE FOR LIANE MORIARTY One of the few writers I'll drop anything for. Her books are wise, honest, beautifully observed... Jojo Moyes Moriarty is a deft storyteller who creates believable, relatable characters. *Washington Post* Moriarty is brilliant at her craft, all the time cranking up the suspense. *The Age* funny and scary Stephen King Sharply intelligent *Entertainment Weekly* Mistress of the razor-sharp observation Kate Morton

synopsis of wellness a novel: *Why Be Happy When You Could Be Normal?* Jeanette Winterson, 2012-03-06 A New York Times bestseller: The "magnificent" memoir by one of the bravest and most original writers of our time—"A tour de force of literature and love" (*Vogue*). One of the New York Times' "50 Best Memoirs of the Past 50 Years" Jeanette Winterson's bold and revelatory novels have established her as a major figure in world literature. Her internationally best-selling debut, *Oranges Are Not the Only Fruit*, tells the story of a young girl adopted by Pentecostal parents, and has become a staple of required reading in contemporary fiction classes. *Why Be Happy When You Could Be Normal?* is a "singular and electric" memoir about a life's work to find happiness (*The New York Times*). It is a book full of stories: about a girl locked out of her home, sitting on the doorstep all night; about a religious zealot disguised as a mother who has two sets of false teeth and a revolver in the dresser, waiting for Armageddon; about growing up in a north England industrial town now changed beyond recognition; about the universe as a cosmic dustbin. It is the story of how a painful past, rose to haunt the author later in life, sending her on a journey into madness and out again, in search of her biological mother. It is also a book about the power of literature, showing how fiction and poetry can form a string of guiding lights, or a life raft that supports us when we are sinking. Witty, acute, fierce, and celebratory, *Why Be Happy When*

You Could Be Normal? is a tough-minded story of the search for belonging—for love, identity, home, and a mother.

synopsis of wellness a novel: *Improbable Magic for Cynical Witches* Kate Scelsa, 2022-05-31 A witchy, atmospheric lesbian contemporary romance set in Salem—from the acclaimed author of *Fans of the Impossible Life*. Perfect for fans of Nina LaCour and Becky Albertalli. Seventeen-year-old Eleanor is the last person in Salem to believe in witchcraft—or to think that her life could be transformed by mysterious forces. After losing her best friend and first love, Chloe, Eleanor has spent the past year in a haze, vowing to stay away from anything resembling romance. But when a handwritten guide to tarot arrives in the mail at the witchy souvenir store where Eleanor works, it seems to bring with it the message that magic is about to enter her life. Cynical Eleanor is quick to dismiss this promise, until real-life witch Pix shows up with an unusual invitation. Inspired by the magic and mystery of the tarot, Eleanor decides to open herself up to Pix and her coven of witches, and even to the possibility of a new romance. But Eleanor's complicated history continues to haunt her. She will have to reckon with the old ghosts that threaten to destroy everything, even her chance at new love. *Improbable Magic for Cynical Witches* is an atmospheric and romantic coming-of-age about learning to make peace with the past in order to accept the beauty of the present.

synopsis of wellness a novel: *Dark Circles* Caite Dolan-Leach, 2023-03-21 An embattled actress becomes entangled in a dark conspiracy at a spiritual retreat—and starts a true crime podcast to try to break the case—in this chilling novel about fame, violence, and our morbid fascination with murder, from the acclaimed author of *Dead Letters*. “Dolan-Leach writes like Paula Hawkins by way of Curtis Sittenfeld.”—Amy Gentry, author of *Good as Gone* Olivia Reed needs a break. She doesn't want to think about her name plastered on tabloids or be reminded of her recent meltdown on a Manhattan street. Her micromanaging publicist has just the thing in mind: a remote retreat in upstate New York—the House of Light. It's not rehab; it's a Spiritual Center, a site for seeking realignment and personal growth. There will be yoga and morning meditation, soft bamboo-blend fabrics and no shortage of crystals to cleanse her energy. But Liv will soon find that the House of Light is filled with darkness. A prickly local, Ava, informs her that something twisted is lurking behind the Light's veneer. There have been a series of mysterious suicides committed by women caught in the Light's web, and no matter who Ava talks to, no one believes the Center is involved. To find out what's really happened and put her celebrity to good use, Liv starts a podcast, seeking to connect the dots and expose the Light's true intentions. Because beneath the glowing skin of the Light's inhabitants lie rotten souls, and Liv starts to wonder if anything—even her own life—is how it appears. Caite Dolan-Leach brings her tantalizing voice, her gift for atmosphere, and a cast of delightfully devious and absorbing characters to this riveting novel of suspense.

synopsis of wellness a novel: *The Marriage Plot* Jeffrey Eugenides, 2011-10-11 A New York Times Notable Book of 2011 A Publisher's Weekly Top 10 Book of 2011 A Kirkus Reviews Top 25 Best Fiction of 2011 Title One of Library Journal's Best Books of 2011 A Salon Best Fiction of 2011 title One of The Telegraph's Best Fiction Books of the Year 2011 It's the early 1980s—the country is in a deep recession, and life after college is harder than ever. In the cafés on College Hill, the wisecracking kids are inhaling Derrida and listening to Talking Heads. But Madeleine Hanna, dutiful English major, is writing her senior thesis on Jane Austen and George Eliot, purveyors of the marriage plot that lies at the heart of the greatest English novels. As Madeleine tries to understand why it became laughable to read writers like Cheever and Updike, who wrote about the suburbia Madeleine and most of her friends had grown up in, in favor of reading the Marquis de Sade, who wrote about deflowering virgins in eighteenth-century France, real life, in the form of two very different guys, intervenes. Leonard Bankhead—charismatic loner, college Darwinist, and lost Portland boy—suddenly turns up in a semiotics seminar, and soon Madeleine finds herself in a highly charged erotic and intellectual relationship with him. At the same time, her old friend Mitchell Grammaticus—who's been reading Christian mysticism and generally acting strange—resurfaces, obsessed with the idea that Madeleine is destined to be his mate. Over the next year, as the members of the triangle in this amazing, spellbinding novel graduate from college and enter the real

world, events force them to reevaluate everything they learned in school. Leonard and Madeleine move to a biology Laboratory on Cape Cod, but can't escape the secret responsible for Leonard's seemingly inexhaustible energy and plunging moods. And Mitchell, traveling around the world to get Madeleine out of his mind, finds himself face-to-face with ultimate questions about the meaning of life, the existence of God, and the true nature of love. Are the great love stories of the nineteenth century dead? Or can there be a new story, written for today and alive to the realities of feminism, sexual freedom, prenups, and divorce? With devastating wit and an abiding understanding of and affection for his characters, Jeffrey Eugenides revives the motivating energies of the Novel, while creating a story so contemporary and fresh that it reads like the intimate journal of our own lives.

synopsis of wellness a novel: The Vicious Circle Katherine St. John, 2022-09-27 For fans of Lucy Foley and Liane Moriarty, a twisty, escapist suspense about a mysterious retreat center harboring violent secrets. "Masterfully plotted and superbly twisty, *The Vicious Circle* is a read-in-one-sitting thriller.... This novel will send you spiraling into a deadly vortex of greed, lust and lies." —Rose Carlyle, author of #1 international bestseller *The Girl in the Mirror* A perfect paradise? Or a perfect nightmare? On a river deep in the Mexican jungle stands the colossal villa Xanadu, a wellness center that's home to an ardent spiritual group devoted to self-help guru Paul Bentzen and his enigmatic wife Kali. But when Paul mysteriously dies, his entire estate—including Xanadu—is left not to Kali, but to his estranged niece Sveta. Shocked and confused, Sveta travels from New York City to Mexico to pay her respects. At first, Xanadu seems like a secluded paradise with its tumbling gardens, beautiful people, and transcendent vibe. But soon the mystical façade wears thin, revealing a group of brainwashed members drunk on promises of an impossible utopia, guided by a disturbing belief system and a charismatic, dangerously capable leader. As the sinister forces surrounding Sveta become apparent, she realizes, too late, she can't escape. Frantic and terrified, she discovers her only chance of survival is to put her confidence in the very person she trusts the least.

synopsis of wellness a novel: The Feast of Love Charles Baxter, 2009-05-14 National Book Award Finalist • A superb novel that delicately unearths the myriad manifestations of extraordinary love between ordinary people, from one of our most gifted writers (Chicago Tribune) and the winner of the PEN/Malamud Award A near perfect book, as deep as it is broad in its humaneness, comedy and wisdom. —The Washington Post *The Feast of Love* is just that—a sumptuous work of fiction about the thing that most distracts and delights us. In a re-imagined *Midsummer Night's Dream*, men and women speak of and desire their ideal mates; parents seek out their lost children; adult children try to come to terms with their own parents and, in some cases, find new ones. In vignettes both comic and sexy, the owner of a coffee shop recalls the day his first wife seemed to achieve a moment of simple perfection, while she remembers the women's softball game during which she was stricken by the beauty of the shortstop. A young couple spends hours at the coffee shop fueling the idea of their fierce love. A professor of philosophy, stopping by for a cup of coffee, makes a valiant attempt to explain what he knows to be the inexplicable workings of the human heart Their voices resonate with each other—disparate people joined by the meanderings of love—and come together in a tapestry that depicts the most irresistible arena of life. Crafted with subtlety, grace, and power, *The Feast of Love* is a masterful novel.

synopsis of wellness a novel: The Well Catherine Chanter, 2015-05-19 Set in a modern-day Britain where water is running out everywhere except at the farm of one seemingly ordinary family whose mysterious good fortune leads to a shocking act of violence, *The Well* is "extraordinary...a mesmerizing read...combining a gripping mystery, nuanced psychological drama, and striking prose" (Publishers Weekly, starred review). When Ruth Ardingly and her family make that first long drive up from the city in their grime-encrusted car and view *The Well*, they are enchanted by a jewel of a farm that appears to offer everything they need: an opportunity for Ruth, an escape for her husband, and a home for their grandson. But when the drought begins, everything changes. Surrounded by thirty acres of lush greenery, the farm mysteriously thrives while the world outside crumbles under the longest dry spell in recorded history. No one, including the owners, understands why. But *The Well*'s unique glory comes at a terrible price. From the envy of their neighbors to the mandates of

the government, from the fanaticism of a religious order called the Sisters of the Rose to the everyday difficulties of staying close as husband and wife, grandmother and child—all these forces lead to a shocking crime. Accusations of witchcraft, wrongdoing, and murder envelop the family until their paradise becomes a prison. A beautifully written debut novel that “channels Margaret Atwood and Gillian Flynn, creating a story that’s speculative and suspenseful” (Minneapolis Star Tribune), *The Well* is an utterly haunting meditation on the fragile nature of our relationships with each other and the places we call home.

synopsis of wellness a novel: Teardrop Lauren Kate, 2013-10-22 An epic saga of heart-stopping romance, devastating secrets, and dark magic . . . a world where everything you love can be washed away. The first book in the new series from the #1 New York Times bestselling author of the *Fallen* series *Never, ever cry*. . . Eureka Boudreaux's mother drilled that rule into her daughter years ago. But now her mother is gone, and everywhere Eureka goes he is there: Ander, the tall, pale blond boy who seems to know things he shouldn't, who tells Eureka she is in grave danger, who comes closer to making her cry than anyone has before. But Ander doesn't know Eureka's darkest secret: ever since her mother drowned in a freak accident, Eureka wishes she were dead, too. She has little left that she cares about, just her oldest friend, Brooks, and a strange inheritance—a locket, a letter, a mysterious stone, and an ancient book no one understands. The book contains a haunting tale about a girl who got her heart broken and cried an entire continent into the sea. Eureka is about to discover that the ancient tale is more than a story, that Ander might be telling the truth . . . and that her life has far darker undercurrents than she ever imagined.

synopsis of wellness a novel: A Girl is a Half-Formed Thing Eimear McBride, 2014-09-09 Taking the literary world by storm, Eimear McBride’s internationally praised debut is one of the most acclaimed novels in recent years; it is “subversive, passionate, and darkly alchemical. Read it and be changed” (Eleanor Catton). Eimear McBride’s debut tells, with astonishing insight and in riveting detail, the story of a young woman’s relationship with her brother, the long shadow cast by his childhood brain tumour, and her harrowing sexual awakening. Not so much a stream-of-consciousness, as an unconscious railing against a life that makes little sense, and a shocking and intimate insight into the thoughts, feelings and chaotic sexuality of a vulnerable and isolated protagonist, *A Girl Is a Half-formed Thing* plunges inside its narrator’s head, exposing her world firsthand. This isn’t always comfortable—but it is always a revelation. Touching on everything from family violence to religion to addiction, and the personal struggle to remain intact in times of intense trauma, McBride writes with singular intensity, acute sensitivity, and mordant wit. *A Girl Is a Half-formed Thing* is moving, funny, and alarming. It is a book you will never forget.

synopsis of wellness a novel: The Truth About Her Jacqueline Maley, 2021-04-01 How can you write other people's stories, when you won't admit the truth of your own? A critically acclaimed, absorbing, moving, ruefully tender, witty and wise novel of marriage, motherhood and the paths we navigate through both, for fans of Ann Patchett and Anne Tyler. 'I loved *The Truth About Her*. It's an intelligent, compelling, nuanced tale of guilt, culpability, pride, shame and atonement. But most of all, it's a love letter to daughters, from the mothers who raise them. An astoundingly good debut.' Annabel Crabb Journalist and single mother Suzy Hamilton gets a phone call one summer morning, and finds out that the subject of one of her investigative exposes, 25-year-old wellness blogger Tracey Doran, has killed herself overnight. Suzy is horrified by this news but copes in the only way she knows how - through work, mothering, and carrying on with her ill-advised, tandem affairs. The consequences of her actions catch up with Suzy over the course of a sticky Sydney summer. She starts receiving anonymous vindictive letters and is pursued by Tracey's mother wanting her, as a kind of rough justice, to tell Tracey's story, but this time, the right way. A tender, absorbing, intelligent and moving exploration of guilt, shame, female anger, and, in particular, mothering, with all its trouble and treasure, *The Truth About Her* is mostly though a story about the nature of stories - who owns them, who gets to tell them, and why we need them. An entirely striking, stylish and contemporary novel, from a talented new writer. PRAISE FOR THE TRUTH ABOUT HER 'Heartfelt, funny and will resonate with many readers. This tender, witty and beautifully written novel is for

fans of Georgia Blain, Charlotte Wood and Ann Patchett.' Books+Publishing 'An intimate world filled with characters I could have lived with a great deal longer... rewarding, enjoyable and utterly addictive.' Readings 'A stunning novel, sharply observed, beautifully written, enthralling.' Julia Baird 'Read the first sentence of Jacqueline Maley's debut novel, and you will be in it until the end. Electrifying, deeply unsettling and so, so satisfying. And, if you've ever tried to manage the sharp end of a career with the blunt demands of parenthood, fiercely recognisable.' Meg Mason, author of *Sorrow and Bliss* 'I loved *The Truth About Her*. I could not put it down - whip-smart, sexy and with so much heart - and god, that ending packed a punch. The sort of book that all mothers need to read.' Eliza Henry-Jones, author of *In the Quiet* and *Ache*

synopsis of wellness a novel: *Delicious Foods* James Hannaham, 2014-09-23 Held captive by her employers -- and by her own demons -- on a mysterious farm, a widow struggles to reunite with her young son in this uniquely American story of freedom, perseverance, and survival. Darlene, once an exemplary wife and a loving mother to her young son, Eddie, finds herself devastated by the unforeseen death of her husband. Unable to cope with her grief, she turns to drugs, and quickly forms an addiction. One day she disappears without a trace. Unbeknownst to eleven-year-old Eddie, now left behind in a panic-stricken search for her, Darlene has been lured away with false promises of a good job and a rosy life. A shady company named Delicious Foods shuttles her to a remote farm, where she is held captive, performing hard labor in the fields to pay off the supposed debt for her food, lodging, and the constant stream of drugs the farm provides to her and the other unfortunates imprisoned there. In *Delicious Foods*, James Hannaham tells the gripping story of three unforgettable characters: a mother, her son, and the drug that threatens to destroy them. Through Darlene's haunted struggle to reunite with Eddie, through the efforts of both to triumph over those who would enslave them, and through the irreverent and mischievous voice of the drug that narrates Darlene's travails, Hannaham's daring and shape-shifting prose infuses this harrowing experience with grace and humor. The desperate circumstances that test the unshakeable bond between this mother and son unfold into myth, and Hannaham's treatment of their ordeal spills over with compassion. Along the way we experience a tale at once contemporary and historical that wrestles with timeless questions of love and freedom, forgiveness and redemption, tenacity and the will to survive.

synopsis of wellness a novel: *My Year of Rest and Relaxation* Ottessa Moshfegh, 2018-07-10 From one of our boldest, most celebrated new literary voices, a novel about a young woman's efforts to duck the ills of the world by embarking on an extended hibernation with the help of one of the worst psychiatrists in the annals of literature and the battery of medicines she prescribes. Our narrator should be happy, shouldn't she? She's young, thin, pretty, a recent Columbia graduate, works an easy job at a hip art gallery, lives in an apartment on the Upper East Side of Manhattan paid for, like the rest of her needs, by her inheritance. But there is a dark and vacuous hole in her heart, and it isn't just the loss of her parents, or the way her Wall Street boyfriend treats her, or her sadomasochistic relationship with her best friend, Reva. It's the year 2000 in a city aglitter with wealth and possibility; what could be so terribly wrong? *My Year of Rest and Relaxation* is a powerful answer to that question. Through the story of a year spent under the influence of a truly mad combination of drugs designed to heal our heroine from her alienation from this world, Moshfegh shows us how reasonable, even necessary, alienation can be. Both tender and blackly funny, merciless and compassionate, it is a showcase for the gifts of one of our major writers working at the height of her powers.

synopsis of wellness a novel: *Whatever it Takes* Paul Tough, 2009 A portrait of African-American activist Geoffrey Canada describes his radical approach to eliminating inner-city poverty, one that proposes to transform the lives of poor children by changing their schools, their families, and their neighborhoods at the same time.

synopsis of wellness a novel: *Beautiful World, Where Are You* Sally Rooney, 2021-09-07 AN INSTANT #1 NEW YORK TIMES BESTSELLER *Beautiful World, Where Are You* is a new novel by Sally Rooney, the bestselling author of *Normal People* and *Conversations with Friends*. Alice, a

novelist, meets Felix, who works in a warehouse, and asks him if he'd like to travel to Rome with her. In Dublin, her best friend, Eileen, is getting over a break-up, and slips back into flirting with Simon, a man she has known since childhood. Alice, Felix, Eileen, and Simon are still young—but life is catching up with them. They desire each other, they delude each other, they get together, they break apart. They have sex, they worry about sex, they worry about their friendships and the world they live in. Are they standing in the last lighted room before the darkness, bearing witness to something? Will they find a way to believe in a beautiful world?

synopsis of wellness a novel: The Well of Being Jean-Pierre Weill, 2016-11 An enchanting, visually arresting, “extraordinary children’s book for adults...that peers into the depths of the human experience and the meaning of our existence.” (Brainpickings.org).

synopsis of wellness a novel: This Might Hurt Stephanie Wrobel, 2022-02-22 From the national and USA TODAY bestselling author of Darling Rose Gold comes a dark, thrilling novel about two sisters—one trapped in the clutches of a cult, the other in a web of her own lies. Welcome to Wisewood. We’ll keep your secrets if you keep ours. Natalie Collins hasn’t heard from her sister in more than half a year. The last time they spoke, Kit was slogging from mundane workdays to obligatory happy hours to crying in the shower about their dead mother. She told Natalie she was sure there was something more out there. And then she found Wisewood. On a private island off the coast of Maine, Wisewood’s guests commit to six-month stays. During this time, they’re prohibited from contact with the rest of the world—no Internet, no phones, no exceptions. But the rules are for a good reason: to keep guests focused on achieving true fearlessness so they can become their Maximized Selves. Natalie thinks it’s a bad idea, but Kit has had enough of her sister’s cynicism and voluntarily disappears off the grid. Six months later, Natalie receives a menacing email from a Wisewood account threatening to reveal the secret she’s been keeping from Kit. Panicked, Natalie hurries north to come clean to her sister and bring her home. But she’s about to learn that Wisewood won’t let either of them go without a fight.

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