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Based on solid research, A Wellness Way of Life makes sense of the array of the confusing and sometimes contradictory health information that bombards us every day. By minimizing technical jargon and presenting health topics and issues in a clear and accessible way, A Wellness Way of Life provides accurate, up-to-date information about exercise, nutrition, stress, heart disease, weight management, and much more to empower students to make smart health decisions in order to enjoy a lifetime of wellness. The new edition of A Wellness Way of Life utilizes innovative technologies to engage and motivate students to take their health seriously and make healthy lifestyle behavior choices. Connect is the only integrated learning system that empowers students by continuously adapting to deliver precisely what they need, when they need it, so that your class time is more engaging and effective.

This practical how-to book gives students the information they need to make decisions affecting their well-being, emphasizing self-responsibility and lifestyle management.

One of the few professional athletes on an entirely plant-based diet, Brendan Brazier developed this easy-to-follow program to enhance his performance as an elite endurance athlete. Ten years later, his lifestyle still works. In this anniversary edition, Brendan brings 25 new recipes as well as updates throughout. Thrive features a 12-week whole foods meal plan, 125 easy-to-make recipes with raw food options that are free of dairy, gluten, soy, wheat, corn, refined sugar. With this program, you can lower body fat and increase muscle tone; diminish visible signs of aging; increase energy and mental clarity; sleep better and more restfully. Thrive is a long-term eating plan that will help you develop a lean body, sharp mind, and everlasting energy, whether you're a professional athlete or simply looking to boost your physical and mental health.

First published a decade ago, *A Writer's Book of Days* has become the ideal writing coach for thousands of writers. Newly revised, with new prompts, up-to-date Web resources, and more useful information than ever, this invaluable guide offers something for everyone looking to put pen to paper — a treasure trove of practical suggestions, expert advice, and powerful inspiration. Judy Reeves meets you wherever you may be on a given day with:

- get-going prompts and exercises
- insight into writing blocks
- tips and techniques for finding time and creating space
- ways to find images and inspiration
- advice on working in writing groups
- suggestions, quips, and trivia from accomplished practitioners

Reeves's holistic approach addresses every aspect of what makes creativity possible (and joyful) — the physical, emotional, and spiritual. And like a smart, empathetic inner mentor, she will help you make every day a writing day.

Health and Wellness, Tenth Edition is written in a personal and engaging style with specific tips and aids to help students improve their health habits. This text encourages students to learn the skills they need to enhance the quality and longevity of life. *Health and Wellness* covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior.

Everybody has a story—it's a unifying factor that we can all relate to and learn from. When it comes to health, that story can be tragic or transformational (and sometimes both.) What's your story? Has a medical professional ever told you: Nothing can be done. It's all in your head. Just take this and you'll be fine. All of the Above? You are not alone. Chronic conditions are at an all-time high. Despite medical advancements, we are sicker than ever. Something needs to change! It's time to disagree. What you'll find in this book is a story that is changing lives across the country and empowering people to think differently. Thinking differently is where perspectives are transformed, improvements are made, and changes take place. And from Dr. Patrick Flynn's experience with thousands of patients, these changes are for the better. Heavily inspired by his wife and her journey through medicine, Dr. Flynn developed his unique approach and mode of thought. In these pages, Dr. Flynn shares their story and the resulting mindset that is impacting the health and lives of countless people. The "I Disagree" way of thinking understands that just because something is common, does not mean it's normal. Through his work, Dr. Flynn and The Wellness Way clinics are changing lives, restoring hope, and getting results. By the time you finish reading, he hopes you find the strength to disagree too. It's time to embrace your life and take control of your health!

A New York Times bestseller! 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.

In this groundbreaking health and lifestyle guide, Darin Olien—superfoods expert, nutritionist, creator of Shakeology, and co-host of the Netflix docuseries *Down to Earth with Zac Efron*—provides the key to understanding and utilizing five life forces, the sole factors that determine whether or not we will be healthy, fit, and free of illness. In *Superlife*, Darin Olien provides us with an entirely new way of thinking about health and wellbeing by identifying what he calls the life forces: Quality Nutrition, Hydration, Detoxification, Oxygenation, and Alkalization. Olien demonstrates in great detail how to maintain these processes, thereby allowing our bodies to do the rest. He tells us how we can maintain healthy weight, prevent even the most serious of diseases, and feel great. He explains that all of this is possible without any of the restrictive or gimmicky diet plans that never work in the long term. Olien has traveled the world, exploring the health properties of foods that have sustained indigenous cultures for centuries. Putting his research into practice, he has created a unique and proven formula for maximizing our bodies' potential. He also includes a "How-to-eat" user's guide with a shopping list, advice on "what to throw away," a guide to creating a healthy, balanced diet plan, and advice on how to use supplements effectively. Written in Olien's engaging conversational style, *Superlife* is a one-of-a-kind comprehensive look at dieting and nutrition, a timeless and essential guide to maintaining the human body and maximizing its potential.