

International Bestseller Wellness Planner

S Nieto



International Bestseller Wellness Planner:

The Dr. Sears T5 Wellness Plan William Sears, Erin Sears Basile, 2017-12-26 The best of today's science based nutrition and lifestyle research is finally available in one crystal clear plan All you need is five steps and five weeks Maybe you've just received a wake up call your own health crisis or a sick parent or friend Or maybe you're just tired of feeling tired and sick of feeling sick You don't need a diet plan You need a health transformation from the inside out For more than 20 years The Baby Book author William Sears's advice has been trusted by millions of parents across the country and around the world Now along with his daughter Erin a health coach and fitness instructor who went through her own transformation losing 70 pounds and radically improving her health Sears turns his science based guidance to creating better health for everyone The Dr. Sears T5 Wellness Plan is a book for all ages and all ailments Decrease inflammation protect your brain and heart strengthen your gut balance your hormones and even make your own medicine The Dr. Sears T5 Wellness Plan's five step five week mind and body makeover field tested by the authors in their medical and health coaching practices changes your body's biochemistry to help you feel better look better and enjoy the New You From its lively illustrations to motivating transformer testimonies T5 is fun to read and fun to do which means it's the program you'll stick with Your mind and body will thank you You Will Thrive on T5

Educator Wellness Plan Book Tina H. Boogren, Timothy D. Kanold, Jasmine K. Kullar, 2023-06-06 Educators' daily stressors can easily accumulate without intentional wellness actions in place Designed as both a plan book and journal this companion resource to Educator Wellness A Guide for Sustaining Physical Mental Emotional and Social Well Being offers inspirational practical weekly routines and reflections for teachers committed to improving their wellness practices throughout the school year Use this plan book and journal to Commit to practices that encourage well being in each of the four dimensions physical mental emotional and social Organize your thoughts collect data on your current habits and reflect on areas to improve with 46 field tested tools Monitor your progress on each month's wellness goal and set intentions to encourage long term maintenance of positive habits Contents Part 1 About This Plan Book and Journal Part 2 Summer A Season of Renewal Part 3 Fall A Season of Opportunity Part 4 Winter A Season of Perseverance Part 5 Spring A Season of Transition Appendix Journal Tools References and Resources Index [Help Heal Yourself from](#)

[Cancer](#) William Sears, MD, Martha Sears, 2022-10-04 Cancer can make you feel powerless Survival rate statistics can leave you feeling helpless and afraid But you are a person not a percentage And you are not powerless you have the ability to help yourself heal In Help Heal Yourself from Cancer cancer survivors and trusted medical professionals Bill and Martha Sears help you go from patient to partner in your cancer healing journey They outline the steps you can take both in working with your cancer care providers and on your own to maximize your chances of not just beating cancer but thriving in its wake This comprehensive guide will help you Develop a conquer cancer mindset The science is clear cancer healing begins with the brain Believing you will heal is the first step Personalize your treatment plan Find out what tests to ask for which advice to

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plan designed to give your liver and gallbladder a rest before the main programme The 21 Day Radical Reboot will teach you how to reawaken and retrain your metabolism to build a lasting and lean body The third section expands the menu with a collection of 49 recipes anglicised for UK readers and provides a maintenance plan and additional guidance for staying on track for life An easy to follow programme with the nutritional and scientific research to back it up this book offers simple strategies that produce radical results REAP THE BENEFITS OF A RADICAL METABOLISM Lasting weight loss Greater energy Balanced mood Healthier skin Protection against health problems such as type II diabetes and gallbladder issues

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