

My Best Self

WELLNESS PLANNER

Planners With Purpose



FEATURES

- SPIRAL BINDING
- 5 TABS TO STAY ON TRACK
- POCKETS
- VEGAN LEATHER HARD COVER
- THICK 120GSM PAPER
- PEN HOLDER
- B5 SIZE (6.9 X 9.8")

Wellness Planner Readers Choice

Teresa Cremin, Sarah McGeown



Wellness Planner Readers Choice:

28-Day Health Immune Boosting Holistic Health Plan Wellness Diet Anti-Inflammatory Diet E-book

ParadisePixel Haven,2024-05-12 Embark on a Journey to Vibrant Health with The Path to Wellness Your 28 Day Guide to Anti Inflammatory Eating Transform your health and revitalize your life with our comprehensive eBook designed to guide you through the power of an anti inflammatory diet The Path to Wellness is not just a diet plan it s a journey towards a healthier more balanced life Created for those who seek to reduce inflammation and enhance their wellbeing this guide is your first step towards a life filled with energy clarity and joy What s Inside Understanding Inflammation Uncover the science behind inflammation its effects on your health and how your diet can be your most powerful tool in managing it 28 Day Meal Plan Dive into a carefully crafted meal plan that makes healthy eating straightforward and delicious Each week introduces new recipes and foods that naturally combat inflammation complete with shopping lists and meal prep tips Delicious and Nutritious Recipes From energizing breakfasts to satisfying dinners discover over 50 recipes designed to delight your taste buds and fight inflammation Enjoy meals that not only taste fantastic but also fuel your body with everything it needs to heal and thrive Lifestyle Tips to Complement Your Diet Learn how integrating simple lifestyle changes can magnify the benefits of your anti inflammatory diet including tips for stress management physical activity and sleep Tracking Your Progress Stay motivated with tools and tips for monitoring your journey helping you see the tangible benefits of your dietary changes Why Choose This eBook Whether you re battling chronic inflammation seeking to improve your overall health or simply looking for delicious ways to eat healthier The Path to Wellness provides the knowledge tools and support you need to succeed With this guide you ll not only enjoy tasty meals but also embrace a lifestyle that naturally reduces inflammation and promotes a vibrant healthy life Take the First Step on Your Path to Wellness Ready to transform your health and discover the power of anti inflammatory eating The Path to Wellness Your 28 Day Guide to Anti Inflammatory Eating is more than just a diet plan it s your blueprint for a healthier happier you Digital Product E book 53 Pages **Master Deep Reading** Robert

Smith,2025-05-15 Master Deep Reading A Mindful Life Series Book is an insightful guide designed for anyone seeking to transform their reading habits and reconnect with the deeper joys of the written word With thoughtful exploration of how modern life has impacted our attention spans this book gently challenges the reader to move beyond surface level skimming and rediscover the rewards of immersive mindful reading The opening chapters illuminate the importance of setting intentions and cultivating awareness laying the groundwork for a transformative literary journey that is accessible to all Drawing on a blend of neuroscience practical strategies and mindful living the book provides readers with the tools they need to develop enduring deep reading skills Each chapter delves into actionable techniques from designing distraction free reading spaces and setting clear goals to practicing slow reading active engagement and reflective journaling The comprehensive structure guides readers through overcoming common obstacles including digital distractions mental fatigue

and the frustration that can accompany challenging texts while fostering patience curiosity and a growth mindset More than a manual Master Deep Reading inspires lifelong growth by integrating the practice of deep reading into broader habits of mindfulness creativity and meaningful living Readers are encouraged to translate insights from books into real life applications nurture empathy by embracing diverse voices and share their reading journeys within supportive communities Whether you are looking to reignite your love of books enhance your focus and comprehension or cultivate a more intentional and reflective life this book serves as both a practical handbook and a stirring invitation to savor the lasting rewards of deep mindful reading

Path to Wellness Carmen Wilde,2025-01-07 Embark on a transformative journey towards holistic health with *Path to Wellness Essential Steps* from a Nurse Practitioner by Carmen Wilde This comprehensive guide delves into the multifaceted aspects of wellness offering practical advice evidence based strategies and insightful perspectives tailored to each life stage From childhood to older adulthood this book covers crucial topics like nutrition physical activity mental health preventive care and the integration of alternative therapies Wilde s expertise and compassionate approach empower readers to take control of their health build resilience and create a balanced fulfilling life Whether you re seeking to establish healthy habits manage chronic conditions or enhance emotional well being *Path to Wellness* provides the essential steps to achieve your wellness goals Embrace the journey to optimal health and discover the profound impact of a holistic approach to well being

Good Money: Understand your choices. Boost your financial wellbeing. Nathalie Spencer,2018-10-11 Using a unique visual approach Nathalie Spencer uncovers the science behind how we think about use and manage money to guide you to a wiser and more enjoyable relationship with your finances From examining how cashless transactions affect our spending and decoding the principles of why a bargain draws you in through to exposing what it really means to be an effective forecaster *Good Money* reveals how you can be motivated to be better with money and provides you with essential tools to boost your financial well being At BUILD BECOME we believe in building knowledge that helps you navigate your world Our books help you make sense of the changing world around you by taking you from concept to real life application through 20 accessible lessons designed to make you think Create your library of knowledge Find out about other BUILD BECOME titles at the BUILD BECOME Amazon store and follow us at buildbecome.com *Choice* ,1987

Mindfulness Giving Maria Cuddy-Casey,2024-09-09 This accessible book offers a unique evidence based perspective on the art and science of giving It combines concepts from psychology neuroscience and social science theory with stories from interviewees on their experiences as a giver and receiver This book offers a holistic overview of the reciprocal aspects of giving strategies for selecting a recipient of a gift in a never ending sea of need and a guide to developing one s personal philosophy boundary and plan on giving As people seek to reconnect and find meaning this book offers a venue for exploration Covering topics such as empowering children to give the financial considerations of giving compassion fatigue and how to set healthy boundaries this book helps readers think about unique ways of giving Through the use of action plans

and worksheets readers are encouraged to consider their own place in giving empower themselves as a change agent and recognize the positive social power and ripple effect of giving Mindfulness Giving is valuable reading for students of positive psychology social and health psychology social work and sociology as well as professionals and coaches working in self improvement and self care

Mindful Choices for Well-Being William C. Shearer, Robin L. Shearer, 2017-09-23 Mindful Choices for Well Being offers a holistic action oriented process of choosing and creating well being using proven methods for transformational change The Shearers developed Mindful Choices Therapy during three decades of clinical practice A cornerstone of their method is the systematic mastery of 10 interrelated Mindful Choices Breath awareness and retraining Begin and end days peacefully Mindful eating Cultivating mindfulness Self reflection Living your values Intentional relating Mindful movement Mindful Choices tools Self acceptance Self compassion Their how to manual for life planning features fictional characters going through real life struggles and changes providing examples of a powerful therapy that blends neuroscience Buddhist psychology contemplative traditions and mindfulness based behavioral therapies The tools described in the book will help you move from a life of too much stress and anxiety what the authors call dis ease to a life of well being balance and a deep sense of purpose Instead of acting on autopilot falling back on habits learned over a lifetime you can learn how to mindfully make clear choices aimed at creating the life you truly want Mindful awareness is the starting point for making great choices Mindful Choices Therapy provides the tools for transforming those great choices into powerful and effective habits

The Retiree's Wellness Guide Barrett Williams, ChatGPT, 2024-12-10 Discover a transformative journey through The Retiree s Wellness Guide your ultimate companion to embracing the golden years with vitality and joy Designed to empower retirees this insightful eBook delves into every aspect of wellness offering practical advice and actionable strategies to enrich your life Begin your journey with an understanding of both the physical and emotional facets of aging Learn the crucial steps to set meaningful intentions for a fulfilling retirement and explore the science behind aging gracefully Uncover the secrets of maintaining emotional resilience and mental agility ensuring you remain vibrant and sharp Find the perfect exercise routine tailored to your needs with low impact workouts aimed at maintaining joint health strength training for enhancing bone density and techniques to improve flexibility and balance keys to longevity and independence Nourish your body with expert guidance on heart healthy diets essential vitamins and the often overlooked importance of hydration Embrace mindfulness with simple meditation practices that boost emotional health and cultivate social connections that enrich your life and bolster your well being Navigate healthcare with confidence as you master Medicare find the right healthcare providers and implement stress management techniques to welcome each day with calm Prioritize sleep with tips for creating a restful environment and addressing common disturbances Feed your curiosity with lifelong learning rediscovering old passions and engaging in new educational endeavors Maintain your financial wellness on a fixed income plan for healthcare costs and learn how to travel smartly and safely in retirement Deepen intergenerational relationships

safeguard your home and online presence and thoughtfully engage in end of life planning Conclude your journey with personal growth reflections setting future wellness goals and truly embracing the well being journey that awaits Let The Retiree s Wellness Guide be your blueprint for a vibrant engaging and healthful retirement Your new chapter begins here

From Wellbeing to Welldoing Abby Osborne,Karen Angus-Cole,Loti Venables,2023-10-11 Do you sometimes find yourself trying to juggle the demands and pressures of learning whilst also trying to look after your own wellbeing Then you have come to the right place This book will introduce you to simple and practical techniques designed to remove a lot of the anxiety around learning Not only will these techniques help you to achieve and succeed in your studies but also take control of your own learning and support your wellbeing Whether you are trying to tackle an assignment juggle pending deadlines or revise for an exam these tried and tested techniques will help you save time and energy look after yourself and develop an approach to learning that is right for you What s more the Welldoing strategies are transferable and can also be used in your home and working lives to help you to think learn and be well

Reading for Pleasure: International Perspectives Teresa Cremin,Sarah McGeown,2025-03-19 Growing evidence of the vital role reading for pleasure plays in children and young people s academic outcomes and socio emotional wellbeing has placed it high on the agenda in both educational policy and practice This valuable collection draws upon a range of disciplinary perspectives and methodological approaches to explore how reading for pleasure is experienced and enacted and highlights the implications and benefits of such volitional reading in the lives and learning of children and young people It offers contributions from leading international researchers on current evidence and literature within the field identifying the causes and consequences of reading for pleasure and framing this within the context of understanding readers and applying this to developing effective pedagogical practices With chapters examining how we may shape the reading experience this book is divided into four sections Understanding readers including factors such as motivation gender and identity The nature of texts including fiction sensory and digital texts Pedagogies and practices exploring agency book talk and reading aloud Environments conducive to reading for pleasure including homes school libraries classrooms and communities Presenting diverse and interdisciplinary perspectives this will be a key text for researchers teacher educators and policy makers who wish to become better informed in their thinking discourse and practice when supporting children and young people in learning to read for pleasure

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