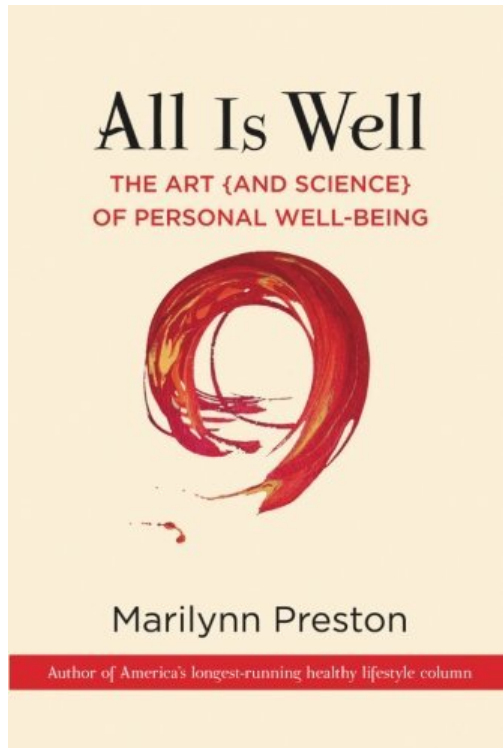


# PDF Download All is Well: The Art {and Science} of Personal Well-Being Download Online



Author : Marilynn Preston  
Language : English  
ISBN : 1945630442  
Number of pages : 208 pages  
Editor : Creators Publishing  
Date of Publication : Apr 25th, 2017

**DOWNLOAD BOOK** 

**Get Best Hotels and Places -  
Booking.com**

 **RESERVE NOW!**

## Book Description

When journalist Marilynn Preston started her fitness column in Chicago in 1976, most people thought yoga and yogurt were interchangeable terms and the mind-body connection was another name for the neck. Everything changes. We live in a healthy lifestyle world now, and in Marilynn's new book, *All is Well: The Art {and Science} of Personal Well-Being* she offers readers a timely and provocative guide to living your best life-healthy and happy, juicy and engaged, alert to corporate predators and health hucksters of every stripe. Each chapter closes with a reader-friendly action step, *Going Deeper*, because at its core, *All is Well* is about lifestyle change-how it happens, and what you need to know to make positive changes in your life. The chapters are short and savvy, lively and opinionated: \* Link Mind and Body. \* Explore Endlessly. \* Tweet Mindfully. \* Make Your Getaway. \* Raise an Active Kid. \* Practice De-Aging. \* Grow Your Gray Matter. \* Be Your Own Uncle Sam. \* "It's up to you, dear reader," Marilynn writes in the introduction. "I can inform, inspire, educate, amuse, cajole, and otherwise cheer you on, but when push comes to shove-two excellent ways to burn 100 calories-you're in charge of your own personal well-being. "And that's the good news, because the more you take charge and stay vigilant, the greater success you'll experience." From eating clean to going green, from losing weight to adding muscle, from living longer to dying more easily, Marilynn links body and mind