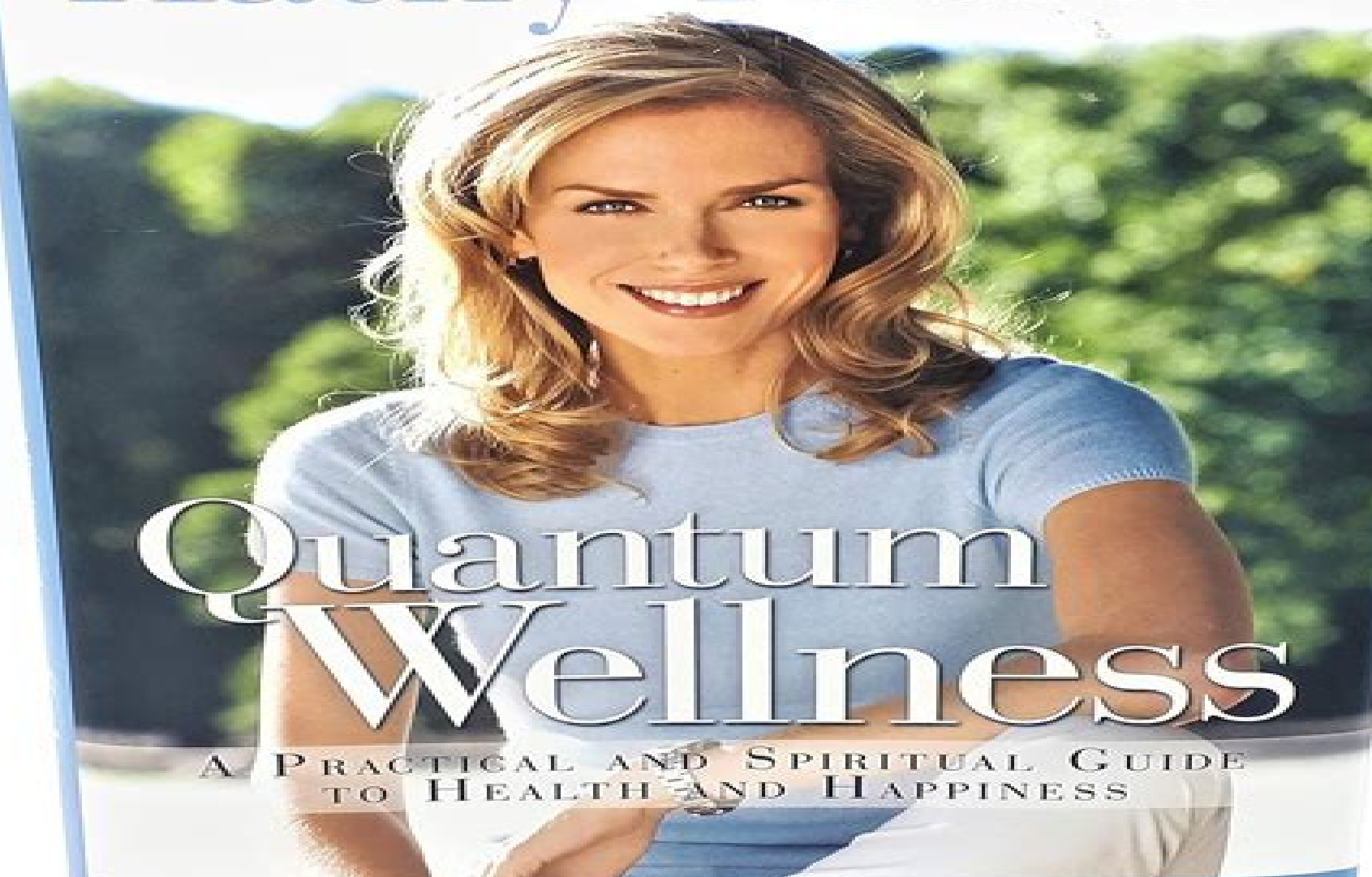


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Kathy Freston

A photograph of a woman with long, wavy blonde hair, smiling warmly at the camera. She is wearing a light blue short-sleeved top. The background is a soft-focus green, suggesting foliage or a garden. The title 'Quantum Wellness' is overlaid on the lower half of the image in a large, white, serif font.

Quantum Wellness

A PRACTICAL AND SPIRITUAL GUIDE
TO HEALTH AND HAPPINESS

FOREWORD BY MEHMET C. OZ, M.D.

Quantum Wellness A Practical And Spiritual Guide To Health And Happiness

Kathy Freston



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Quantum Wellness Kathy Freston, 2008 Kathy Freston the New York Times bestselling author of *The One* is back with a life changing guide to increasing health of the mind body and spirit through small steps that can yield extraordinary changes

Quantum Wellness Kathy Freston, 2009-04-07 An instant New York Times bestseller embraced and endorsed by such luminaries as Oprah Winfrey Dr Mehmet Oz Ellen DeGeneres and Marianne Williamson *Quantum Wellness* is the breakthrough book that created a national trend This life changing guide teaches us how to reach our highest level of health and contentment through small focused changes Featuring a foreword by 1 New York Times bestselling author Dr Mehmet C Oz *Quantum Wellness* will forever change the way readers approach healthy living *Quantum Wellness* Kathy

Freston, 2012-08-31 *Quantum Wellness* is the idea that you can achieve a significant increase in the health of mind body and spirit through small focused steps which will in turn yield extraordinary changes in your life None of us makes perfect choices all the time so in this New York Times bestseller Kathy Freston shows how small steps regarding how to eat how to work how to live in our imperfect bodies and how to stay positive can add up to significant breakthroughs in overall well being To do this Freston advocates setting manageable goals achieving a little one day a week then two then more and building up to a complete programme that can incorporate all or some of the eight pillars of wellness meditation visualisation fun activities a diet of whole foods exercise helping others considering yourself and spiritual practise In combination these will take perfect care of your mind body and spirit raising you to the pinnacle of wellness *Eco-Beautiful* Lina

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cleanser program to keep enjoying the beneficial results of the Lemonade Diet and continue your body s healthy transformation Stay Toxin Free Keep the Weight Off Increase Energy Improve Skin and Hair Eliminate Allergies Maintain a Healthy Colon Spending ten days on The Lemonade Diet is a proven way to transform your body and health But if you return

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remarkable journey through fame tragedy self discovery and triumph Getting a Grip chronicles Monica Seles's early success on the tennis circuit where at age sixteen she became the youngest winner in French Open history For three years she dominated the tour seemingly unstoppable until a deranged Steffi Graf fan plunged a knife into her back during a match in Hamburg and turned her life upside down Her injuries healed but the emotional trauma was deep She spent more than two years in seclusion from the media and the tennis world trying to fight off the fog of despair until she continued the battle against herself grueling six hour workouts were sabotaged by secretive late night binges and she was assaulted with criticism about her weight from her trainers and most brutally the press After an excruciating injury forced her to take time off from tennis in 2003 Seles embarked on her own journey As she uncovered the painful emotional reasons that had been the trigger for her binge eating she finally found the peace and balance she had been searching for Seles's determination amazing talent and touching vulnerability make her story truly inspiring

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