



## Wellmania: Misadventures in the Search for Wellness (Paperback)

By Brigid Delaney

Black Inc., Australia, 2017. Paperback. Condition: New. Language: English . Brand New Book. Cold-pressed juices, quitting sugar, Paleo, hot yoga, mindfulness a if you embrace these things you will be happy, you will be well - just ask Instagram. Wellness has become a global mega-industry. But does any of this stuff actually work? Feeling exhausted, anxious and a bit flabby, journalist Brigid Delaney decides to find out - using herself as the guinea pig. Starting with a brutal 101-day fast, Brigid travels the world to test things that are meant to make us clean, lean and serene. She tries colonics, meditation, silent retreats, group psychotherapy and oodles of yoga, working out what is helpful and what is just expensive hype. In monasteries and health farms, on hiking trails and massage tables, she asks, what does our obsession with the great Project of Self say about us? Why do so many of us swing from indulgence to detox and back again? Is it possible to integrate good habits into your daily life? And why do you smell so bad when you haven't eaten in seven days? Wellmania is the highly entertaining and occasionally dangerous exploration of one of the most...



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