



Wellth (Paperback)

By Jason Wachob

Random House USA Inc, United States, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. mindbodygreen founder Jason Wachob redefines successful living and offers readers a new life currency to build on, one that is steeped in wellbeing. Wellth. Many of us aren't satisfied with just trying to accumulate the most money and toys. The good life is no longer just about the material--instead, it can be found in a lifestyle that is devoted to mental, physical, and emotional health. A wealthy existence is one in which happiness is attainable, health is paramount, and daily living is about abundance. It's a life in which work is purposeful; friendships are deep and plentiful; and there's a daily sense of richness or overflowing joy. But since there's no one-size-fits-all definition for a wealthy existence, I hope this book will serve as a guide to help you embark on your own personal journey that is both unique and meaningful. Eat. Move. Work. Believe. Explore. Breathe. Connect. Love. Heal. Thank. Ground. Live. Laugh. These are the building blocks of Wellth. and in this blend of memoir and prescriptive advice Jason Wachob shows us all how to enjoy truly wealthy...



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