

GOOP WELLNESS BOX GIVEAWAY

GOOP WELLNESS BOX GIVEAWAY: YOUR CHANCE TO WIN A LUXURIOUS WELLNESS ESCAPE!

ARE YOU READY TO TREAT YOURSELF TO A LUXURIOUS WELLNESS EXPERIENCE WITHOUT BREAKING THE BANK? THEN YOU'RE IN THE RIGHT PLACE! THIS POST IS ALL ABOUT THE EXCITING OPPORTUNITY TO WIN A GOOP WELLNESS BOX – A CURATED COLLECTION OF GWYNETH PALTROW'S FAVORITE WELLNESS PRODUCTS – ABSOLUTELY FREE! WE'LL COVER EVERYTHING YOU NEED TO KNOW ABOUT ENTERING THE GIVEAWAY, THE INCREDIBLE PRODUCTS YOU COULD WIN, AND HOW TO MAXIMIZE YOUR CHANCES OF SCORING THIS AMAZING PRIZE. GET READY TO DIVE INTO A WORLD OF SELF-CARE AND POSSIBILITY!

WHAT'S INSIDE THE COVETED GOOP WELLNESS BOX?

THE GOOP WELLNESS BOX IS MORE THAN JUST A BOX OF GOODIES; IT'S A CURATED COLLECTION OF HIGH-QUALITY, CAREFULLY SELECTED PRODUCTS DESIGNED TO ENHANCE YOUR WELL-BEING. WHILE THE EXACT CONTENTS VARY FROM BOX TO BOX, YOU CAN EXPECT TO FIND A RANGE OF LUXURIOUS ITEMS FOCUSING ON BEAUTY, SELF-CARE, AND HEALTHY LIVING. THINK HIGH-END SKINCARE, LUXURIOUS BATH PRODUCTS, POTENT SUPPLEMENTS, AND MAYBE EVEN A SURPRISE OR TWO. PREVIOUS BOXES HAVE INCLUDED ITEMS LIKE:

HIGH-PERFORMANCE SKINCARE SERUMS: TARGETING SPECIFIC SKIN CONCERNS LIKE WRINKLES, DRYNESS, OR UNEVEN TONE.

ORGANIC AND SUSTAINABLY SOURCED BEAUTY PRODUCTS: FROM NOURISHING BODY LOTIONS TO REVITALIZING FACE MASKS.

UNIQUE WELLNESS TOOLS: THINK JADE ROLLERS, GUA SHA TOOLS, OR AROMATHERAPY DIFFUSERS.

LUXURY CANDLES AND ESSENTIAL OILS: TO CREATE A RELAXING AND REJUVENATING ATMOSPHERE AT HOME.

EXCLUSIVE GOOP-BRANDED ITEMS: ADDING A TOUCH OF THAT ICONIC GOOP LIFESTYLE TO YOUR DAILY ROUTINE.

THE VALUE OF THE GOOP WELLNESS BOX OFTEN FAR EXCEEDS ITS RETAIL PRICE, MAKING WINNING THIS GIVEAWAY A TRULY INCREDIBLE OPPORTUNITY. IMAGINE EXPERIENCING THE TRANSFORMATIVE POWER OF THESE PREMIUM PRODUCTS WITHOUT THE HEFTY PRICE TAG!

HOW TO ENTER THE GOOP WELLNESS BOX GIVEAWAY

PARTICIPATING IN THE GIVEAWAY IS USUALLY STRAIGHTFORWARD, BUT THE SPECIFICS CAN CHANGE DEPENDING ON THE HOST. HERE'S WHAT TO GENERALLY EXPECT:

FIND THE GIVEAWAY: KEEP AN EYE OUT FOR OFFICIAL GOOP ANNOUNCEMENTS ON THEIR WEBSITE, SOCIAL MEDIA CHANNELS (INSTAGRAM, FACEBOOK, TWITTER), AND POTENTIALLY THROUGH EMAIL NEWSLETTERS. MANY THIRD-PARTY WEBSITES AND INFLUENCERS MAY ALSO HOST GIVEAWAYS, BUT ALWAYS VERIFY THE LEGITIMACY BEFORE PARTICIPATING.

FOLLOW INSTRUCTIONS CAREFULLY: EACH GIVEAWAY WILL HAVE SPECIFIC ENTRY REQUIREMENTS. COMMON REQUIREMENTS INCLUDE FOLLOWING THE HOST'S SOCIAL MEDIA ACCOUNTS, LIKING RELEVANT POSTS, TAGGING FRIENDS IN COMMENTS, SHARING THE GIVEAWAY TO YOUR OWN ACCOUNTS, AND SIGNING UP FOR NEWSLETTERS. MAKE SURE YOU FOLLOW ALL STEPS METICULOUSLY TO INCREASE YOUR CHANCES OF WINNING.

READ THE RULES THOROUGHLY: BEFORE ENTERING, READ THE OFFICIAL RULES AND REGULATIONS CAREFULLY. PAY CLOSE ATTENTION TO ELIGIBILITY REQUIREMENTS (AGE, LOCATION, ETC.), PRIZE DETAILS, AND THE DEADLINE FOR ENTRY.

ENTER MULTIPLE TIMES (IF ALLOWED): SOME GIVEAWAYS ALLOW MULTIPLE ENTRIES THROUGH DIFFERENT METHODS. TAKE ADVANTAGE OF THESE OPPORTUNITIES TO BOOST YOUR ODDS.

BE PATIENT AND REALISTIC: WINNING A GIVEAWAY IS BASED ON CHANCE, SO DON'T GET DISCOURAGED IF YOU DON'T WIN THE FIRST TIME. KEEP PARTICIPATING IN FUTURE GIVEAWAYS!

INCREASING YOUR CHANCES OF WINNING A GOOP WELLNESS BOX

WHILE WINNING IS ULTIMATELY DOWN TO LUCK, THERE ARE A FEW THINGS YOU CAN DO TO SLIGHTLY IMPROVE YOUR CHANCES:

ENTER EARLY: THE EARLIER YOU ENTER, THE LESS COMPETITION YOU'LL FACE.

FOLLOW THE HOST ACTIVELY: ENGAGE WITH THE GIVEAWAY HOST BY LIKING AND COMMENTING ON THEIR POSTS. THIS SHOWS GENUINE INTEREST AND MIGHT INCREASE YOUR VISIBILITY.

SHARE WIDELY (IF ALLOWED): IF THE RULES PERMIT, SHARE THE GIVEAWAY WITH YOUR FRIENDS AND FOLLOWERS. THIS EXPANDS THE REACH AND MIGHT INDIRECTLY INCREASE YOUR CHANCES.

BE AUTHENTIC: DON'T SPAM OR USE BOTS TO ENTER. THIS OFTEN VIOLATES GIVEAWAY RULES AND MAY DISQUALIFY YOU.

PARTICIPATE REGULARLY: THE MORE YOU ENTER LEGITIMATE GIVEAWAYS, THE HIGHER YOUR CHANCES OF WINNING EVENTUALLY.

BEYOND THE GIVEAWAY: EXPLORING GOOP'S WELLNESS OFFERINGS

EVEN IF YOU DON'T WIN THE GOOP WELLNESS BOX GIVEAWAY, THERE'S STILL PLENTY TO EXPLORE IN THE WORLD OF GOOP. THEIR WEBSITE OFFERS A VAST RANGE OF WELLNESS PRODUCTS, INSIGHTFUL ARTICLES, AND EXPERT ADVICE ON VARIOUS HEALTH AND WELLNESS TOPICS. CONSIDER EXPLORING THEIR:

SKINCARE LINE: GOOP'S SKINCARE RANGE BOASTS HIGH-QUALITY, EFFECTIVE PRODUCTS TARGETING VARIOUS SKIN CONCERNS.

SUPPLEMENTS: GOOP OFFERS A RANGE OF SUPPLEMENTS FORMULATED TO SUPPORT OVERALL WELL-BEING AND ADDRESS SPECIFIC HEALTH NEEDS.

WELLNESS PROGRAMS: GOOP OFFERS VARIOUS WELLNESS PROGRAMS AND RESOURCES DESIGNED TO GUIDE YOU ON YOUR JOURNEY TO A HEALTHIER LIFESTYLE.

CONCLUSION

WINNING A GOOP WELLNESS BOX GIVEAWAY IS AN EXCITING PROSPECT, OFFERING A CHANCE TO INDULGE IN LUXURIOUS WELLNESS PRODUCTS WITHOUT THE EXPENSE. BY FOLLOWING THE TIPS AND ADVICE OUTLINED IN THIS POST, YOU CAN MAXIMIZE YOUR CHANCES AND POTENTIALLY EXPERIENCE THE TRANSFORMATIVE POWER OF GOOP'S CURATED WELLNESS OFFERINGS. GOOD LUCK, AND HAPPY ENTERING!

FREQUENTLY ASKED QUESTIONS (FAQs)

Q1: ARE GOOP WELLNESS BOX GIVEAWAYS LEGITIMATE?

A1: MANY ARE, BUT ALWAYS VERIFY THE LEGITIMACY OF THE GIVEAWAY HOST AND ENSURE IT'S NOT A SCAM BEFORE ENTERING. LOOK FOR OFFICIAL GOOP ANNOUNCEMENTS OR REPUTABLE THIRD-PARTY SOURCES.

Q2: WHAT IF I DON'T WIN THE GIVEAWAY?

A2: DON'T BE DISCOURAGED! KEEP AN EYE OUT FOR FUTURE GIVEAWAYS. YOU CAN ALSO EXPLORE GOOP'S WEBSITE TO DISCOVER OTHER PRODUCTS THAT MIGHT INTEREST YOU.

Q3: HOW OFTEN ARE GOOP WELLNESS BOX GIVEAWAYS HELD?

A3: THE FREQUENCY VARIES. KEEP AN EYE ON GOOP'S OFFICIAL CHANNELS FOR ANNOUNCEMENTS.

Q4: CAN I ENTER THE GIVEAWAY IF I LIVE OUTSIDE THE US?

A4: ELIGIBILITY REQUIREMENTS VARY DEPENDING ON THE GIVEAWAY. ALWAYS CHECK THE OFFICIAL RULES BEFORE ENTERING.

Q5: WHAT HAPPENS AFTER I WIN?

A5: THE GIVEAWAY HOST WILL USUALLY CONTACT THE WINNER THROUGH THE METHOD USED FOR ENTRY (EMAIL, SOCIAL MEDIA, ETC.) TO ARRANGE PRIZE DELIVERY. ALWAYS BE CAUTIOUS OF SUSPICIOUS CONTACT AND VERIFY THE LEGITIMACY BEFORE SHARING PERSONAL INFORMATION.

and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

goop wellness box giveaway: *Healthier Together* Liz Moody, 2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • "Healthier Together focuses on real whole foods and bringing community together."—Kelly LeVeque, celebrity nutritionist and bestselling author of *Body Love* Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for *Healthier Together* "This cookbook is one you'll be reaching for time and time again when you need healthy food that is satisfying and delicious."—Tieghan Gerard "Liz Moody offers heaps of tasty recipes packed with great ingredients."—Real Simple "Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey."—Gina Homolka "Liz does an amazing job helping you make delicious food in a way that is both feasible and fun."—Rachel Mansfield "Liz's book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table."—Daphne Oz "Liz's message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!"—Jeanine Donofrio

goop wellness box giveaway: *Between Empowerment and Manipulation* Marijn Sax, 2021-09-28 Popular health apps are commercial services. Despite the promise of empowerment they offer, the tensions introduced by their data-driven, dynamically adjustable digital environments engender a potential for manipulation to which their designers and operators can easily succumb. In this important book, the author develops an ethical framework to evaluate the commercial practices of for-profit health apps, proceeding to a detailed proposal of how to legally address the exploitation, for financial gain, of users' need for health. Focusing on the intricate tracking of users over time, coupled with the possibility to personalize the environment based on knowledge gained from tracking, the book's in-depth analysis of popular for-profit health apps engages with such particulars as the following: the strategic framing of health in health apps; the cultural tendency to presume we are unhealthy until we have proven we are healthy; the key concepts of autonomy, vulnerability, trust, and manipulation; how health apps develop ongoing profitable relationships with users; and

use of misleading and aggressive commercial practices. The author argues that the European Union's Unfair Commercial Practices Directive, when informed by ethical considerations, offers promising legal solutions to the manipulation concerns raised by popular for-profit health apps. The book will be welcomed not only for its incisive scrutiny of the health app phenomenon but also for the light it sheds on the wider problems inherent in the digital society—what digital environments know about their users, how they use that knowledge, and for which purpose. Its progress from an ethical approach to legal solutions will recommend the book to lawyers concerned with business practices, human resources professionals, policymakers, and academics interested in the intersection of ethics and law.

goop wellness box giveaway: The Skinny Confidential Lauryn Evarts, 2014-03-04 A comprehensive collection of lifestyle information, including tips on eating, exercising, and fashion.

goop wellness box giveaway: At Least You Have Your Health Madi Sinha, 2022-04-05 One of Shondaland's Best Books of April 2022! Behind the chic veneer of a wellness clinic lies a dangerous secret, in this compelling women's fiction novel from the author of *The White Coat Diaries*. Dr. Maya Rao is a gynecologist trying to balance a busy life. With three young children, a career, and a happy marriage, she should be grateful—on paper, she has it all. But after a disastrous encounter with an entitled patient, Maya is forced to walk away from the city hospital where she's spent her entire career. An opportunity arises when Maya crosses paths with Amelia DeGilles at a school meeting. Amelia is the owner and entrepreneur behind Eunoia Women's Health, a concierge wellness clinic that specializes in house calls for its clientele of wealthy women for whom no vitamin infusion or healing crystal is too expensive. All Eunoia needs is a gynecologist to join its ranks. Amid visits to her clients' homes, Maya comes to idolize the beautiful, successful Amelia. But Amelia's life isn't as perfect as it seems. When Amelia's teenaged daughter is struck with a mysterious ailment, Maya must race to uncover the reason before it's too late. In the process, she risks losing what's most important to her and bringing to light a secret of her own that she's been desperately trying to keep hidden.

goop wellness box giveaway: The Rook Daniel O'Malley, 2012-01-11 Myfanwy Thomas awakens in a London park surrounded by dead bodies. With her memory gone, she must trust the instructions left by her former in order to survive. She quickly learns that she is a Rook, a high-level operative in a secret agency that protects the world from supernatural threats. But there is a mole inside the organization, and this person wants her dead. Battling to save herself, Myfanwy will encounter a person with four bodies, a woman who can enter her dreams, children transformed into deadly fighters, and terrifyingly vast conspiracy. Suspenseful and hilarious, *The Rook* is an outrageously imaginative thriller for readers who like their espionage with a dollop of purple slime. Utterly convincing and engrossing -- -totally thought-through and frequently hilarious....Even this aging, jaded, attention-deficit-disordered critic was blown away.-Lev Grossman, *Time*

goop wellness box giveaway: Goop Clean Beauty The Editors of GOOP, 2016-12-27 The ultimate beauty guide from the experts at Goop—the trusted resource for healthy, mindful living, curated by Gwyneth Paltrow. Millions of women around the world turn to the clean-living team at GOOP for beauty advice. From nontoxic product recommendations, red carpet- (and everyday-) ready hair and makeup tutorials, to guidance on aging, acne, and antioxidants, GOOP has become the go-to resource for head-to-toe beauty. Finally, the editors of Goop have shared their top tips and recommendations, favorite detox recipes, workout plans, and hair and makeup looks in one must-have guide. Featuring more than 100 gorgeous photos and extensive Q&As from Goop's family of expert contributors, *Goop Clean Beauty* will shed a definitive light on the importance of diet, sleep, exercise, and clean beauty products, while offering tactical advice for healthy, glowing skin and hair that starts from the inside out. The first book from the top name in clean-living, *Goop Clean Beauty* is the one resource women need to feel, and look, their best every day.

goop wellness box giveaway: Crystal Bliss Devi Brown, 2017-10-03 *Crystal Bliss* provides you with all the information you need to harness the innate energy and vibrations of crystals to help boost your own energy and focus your intention so you can beat back negative vibes open your heart

to love, manifest wealth, and promote good health. This guide walks you through the process of selecting crystals, cleansing them and preparing them for use, and incorporating them into your meditation and energy healing practice--

goop wellness box giveaway: *River Cafe Cook Book Easy* Rose Gray, Ruth Rogers, 2013-04-26 With *River Cafe Cook Book Easy* Rose Gray and Ruth Rogers pioneered a new approach to cooking and eating. Knowing that people lead busy and demanding lives, they made their innovative Italian recipes even more accessible to those who love good food but have little time to prepare it. Recognising that the key to quick cooking is often in the ease of buying the ingredients, the easy recipes highlight the fresh produce you will need to shop for as well as the ingredients that are store cupboard essentials. Rose and Ruth then take you through simplified steps to cook great Italian dishes that are bursting with flavour and style. To complement this new concept, the cookbook has a fresh, dynamic design and superb photographs that will delight both new and established fans. Like *River Cafe 'graduates'* - most famously Jamie Oliver - you can learn the secrets of cooking fabulous Italian food, but now it's even easier.

goop wellness box giveaway: *Rules for Being a Girl* Candace Bushnell, Katie Cotugno, 2020-04-16 From Katie Cotugno and author of *Sex and the City* Candace Bushnell comes this fierce and feisty exploration of feminism: standing up, speaking out and rewriting the rules. Don't be easy. Don't give it up. Don't be a prude. Don't be cold. Don't put him in the friendzone. Don't act desperate. Don't let things go too far. Don't give him the wrong idea. Don't blame him for trying. Don't walk alone at night. But calm down! Don't worry so much. Smile! Marin is a smart, driven, popular girl - she's headed for Brown when she graduates and has a brilliant career as a journalist ahead of her. Especially in the eyes of English teacher Mr Beckett. He spends a lot of time around Marin, and she thinks it's harmless . . . until he kisses her. No one believes Marin when she tells them what happened, so she does the only thing she can: she writes an article called 'Rules for Being a Girl' for the school paper to point out the misogyny and sexism that girls face every day. As things heat up at school and in her personal life, Marin must figure out how to take back the power and rewrite her own rules.

goop wellness box giveaway: *The Autoimmune Solution* Amy Myers, M.D., 2015-01-27 Over 90 percent of the population suffers from inflammation or an autoimmune disorder. Until now, conventional medicine has said there is no cure. Minor irritations like rashes and runny noses are ignored, while chronic and debilitating diseases like Crohn's and rheumatoid arthritis are handled with a cocktail of toxic treatments that fail to address their root cause. But it doesn't have to be this way. In *The Autoimmune Solution*, Dr. Amy Myers, a renowned leader in functional medicine, offers her medically proven approach to prevent a wide range of inflammatory-related symptoms and diseases, including allergies, obesity, asthma, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, and Hashimoto's thyroiditis.

goop wellness box giveaway: *Modern Manners* Dorothea Johnson, Liv Tyler, 2013-10-29 From the world-renowned etiquette expert and her granddaughter, Liv Tyler, an elegant guide to 21st-century manners and etiquette for professionals who want to be confident and successful in the business and social arenas. Developing good etiquette and manners is an important investment in your future. They allow you to feel at ease in any situation--and give you the polish and confidence to become a leader. Etiquette expert Dorothea Johnson's essential dos and don'ts address both 21st-century and classic questions, including: * acing job interviews * giving confident handshakes * making conversation * proper business attire and meeting protocol * e-mail etiquette, including what to post--or not--on social media * how to deal with rude cell phone users * conducting a meeting at a restaurant * attending business or social events * table manners With style, wit, and delightful commentary throughout from her granddaughter, Liv Tyler, on everything from being a good guest to finding a balance with technology, *Modern Manners* is the must-have guide to ensure your success.

goop wellness box giveaway: *It's All Good* Gwyneth Paltrow, 2013-04-02 Gwyneth Paltrow, Academy-Award winning actress and bestselling cookbook author, returns with recipes for the foods

she eats when she wants to lose weight, look good, and feel more energetic. Last spring, after a particularly grueling schedule and lapse of overindulgence, Gwyneth Paltrow was feeling fatigued and faint. A visit to her doctor revealed that she was anemic, vitamin D deficient, and that her stress levels were sky high. He prescribed an elimination diet to clear out her system and help her body heal. But this meant no coffee, no alcohol, no dairy, no eggs, no sugar, no shellfish, no deep-water fish, no wheat, no meat, no soy, nothing processed at all! An avid foodie, Paltrow was concerned that so many restrictions would make mealtime boring, so, together with Julia Turshen, she compiled a collection of 185 delicious, easy recipes that followed her doctor's guidelines. And it worked! After changing her diet, Paltrow healed totally, felt more energetic and looked great. Now, in *It's All Good*, she shares the go-to dishes that have become the baseline for the restorative diet she turns to whenever she feels she needs it. Recipes include: Huevos Rancheros, Hummus Tartine with Scallion-Mint Pesto, Salmon Burgers with Pickled Ginger, even Power Brownies, Banana Ice Cream, and more!

goop wellness box giveaway: The Moon Cycle Cookbook Devon Loftus, Jenna Radomski, 2021-10-12 The Moon Cycle Bakery, founded in 2017, creates sweet treats that replenish certain micronutrients women lose during the different stages of their menstrual cycle. In *The Moon Cycle Cookbook*, bakery founder Devon Loftus and nutritionist Jenna Radomski empower women to nourish themselves with recipes for sweets, savory meals, and snacks, organized around each of the four phases of the menstrual cycle, that can be customized to suit their bodies' fluctuating needs. Every recipe is formulated with the knowledge of what is happening hormonally in a woman's body during each cycle phase, using ingredients that replenish and support essential nutrients. Suffering from cramps? Try adding more cacao to your diet. Mood swings? A sweet-potato brownie can help with that. A happy mix of creativity, self-empowerment, and downright deliciousness, this wellness guide demystifies menstrual health, educating readers about their unique needs and helping them to deepen their self-care regimen. Sidebars feature suggested self-care practices and rituals to enhance a woman's connection to her body and understanding of how to nurture a healthy cycle. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

goop wellness box giveaway: Minimalist Moms Diane Boden, 2021-03-16 *Simple Minimalism for Your Family and Your Life* "Both practical and inspirational, you'll learn how to simplify and streamline your entire life." Morgan Tyree, @morganizewithme A collection of minimalist quotes, daily wisdom, affirmations, and meditations that you as a busy mom can use to stay focused and inspired to live a minimalist lifestyle. Make minimalist living possible for your family. Parenting is hard enough already without trying to change the way you live in one fell swoop. Diane Boden, the host of the *Minimalist Moms* podcast, knows that what busy moms desire are quick, daily minimalist quotes that provide inspiration and a reminder of the positive impact of minimalism. *Minimalist Moms* is a book of on-the-go minimalist wisdom, that gradually teaches busy parents how to embrace the core principles of minimalism —simple living, focusing on what matters, and inner calm. Thrive by living with less. Minimalism is more of a way of life than a goal to be reached. We need little reminders to help keep perspective and focus on what's important to us. *Minimalist Moms* helps you aspire toward minimalism and simplify your life and home. With daily meditations that take only a few minutes to read, this is the perfect, gentle guide to getting started. In this book find: Practical advice on how to live a minimalist lifestyle emotionally, physically, and mentally Mantras that cover a range of topics, from slowing down and getting outside to habit stacking and decluttering Accessible minimalism that is applicable to any lifestyle —and any busy mother You've read motivational books and minimalist books like *When Less Becomes More*, *Make Space*, or *Cozy Minimalist Home*? Then you'll love *Minimalist Moms*.

goop wellness box giveaway: Essence and Alchemy Mandy Aftel, 2011-04-01 An artisan perfumer reveals a lost art and its mysterious, sensual history. For centuries, people have taken what seems to be an instinctive pleasure in rubbing scents into their skin. Perfume has helped them to pray, to heal, and to make love. And as long as there has been perfume, there have been perfumers, or rather the priests, shamans, and apothecaries who were their predecessors. Yet, in

many ways, perfumery is a lost art, its creative and sensual possibilities eclipsed by the synthetic ingredients of which contemporary perfumes are composed, which have none of the subtlety and complexity of essences derived from natural substances, nor their lush histories. Essence and Alchemy resurrects the social and metaphysical legacy that is entwined with the evolution of perfumery, from the dramas of the spice trade to the quests of the alchemists to whom today's perfumers owe a philosophical as well as a practical debt. Mandy Aftel tracks scent through the boudoir and the bath and into the sanctums of worship, offering insights on the relationship of scent to sex, solitude, and the soul. Along the way, she imparts instruction in the art of perfume compositions, complete with recipes, guiding the reader in a process of transformation of materials that continues to follow the alchemical dictum *solve et coagula* (dissolve and combine) and is itself aesthetically and spiritually transforming.

goop wellness box giveaway: Satellite Sisters : Uncommon Senses Julie Dolan, Liz Dolan, Sheila Dolan, Lian Dolan, Monica Dolan, 2001 From the Satellite Sisters*, stars of the Public Radio show of the same name, comes an explanation of the uncommon senses--A Sense of Self, A Sense of Connection, A Sense of Humor, A Sense of Adventure, and A Sense of Direction--along with anecdotes, lists, recipes, quiz questions, and more.

goop wellness box giveaway: The Unveiling Dennis Gilmour, 2009-09-15 Panic grips the world, as a nuclear showdown in the Middle East threatens to engulf the world in an atomic fireball. Suddenly, millions of people vanish off the face of the planet and not even the world's best scientists can explain why, leaving many to speculate that the disappearances were the result of some new secret weapon fired in the growing tensions in the Middle East standoff. Soon however, the leaders of the world, via a special worldwide television broadcast, introduce the citizens of all nations to a powerful race of beings known as the Balazons. Shocking words of revelation from Khur-ak, the alien leader, threaten to destabilize the world, as the aliens claim to have been invisibly influencing human development for millions of years and are the gods that humans have always worshipped. They've been watching us for millennia . . . now it's our turn to see them.

goop wellness box giveaway: Whole Beauty Shiva Rose, 2018-04-03 A decade ago, after suffering from life-threatening autoimmune disorders, Hollywood actress Shiva Rose set out to discover a more holistic way to natural health and beauty. Growing her own organic herbs and flowers; mixing creams, lotions, and tonics; and following Ayurvedic practices and creating mindful rituals, she has not only healed her life but has also become a leader and entrepreneur in the world of all-natural beauty and lifestyle. Whole Beauty is her radiant next step, a practical, inspiring, stunningly beautiful guide to following a whole beauty practice at home. Here is the recipe for Rose's iconic rose hip facial serum, as well as 40 other recipes for masks and exfoliants, hair-care products and detoxes, and even DIY deodorant and toothpaste. She explains Ayurvedic practices, such as dry brushing and oil pulling, and home-cleansing rituals, such as smudging with burning sage; shares a dozen tonics, including Celestial Nog and Summer Lover; and offers an entire chapter on the use of essential oils, both on the body and in the home. From natural beauty solutions like a Blushing Bride Chickpea Face Mask to showing how to tap into the full force of female energy, Whole Beauty is a complete guide to revitalizing your life.

goop wellness box giveaway: Womancode Alisa Vitti, 2013 Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about

hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

goop wellness box giveaway: The Glow Violet Gaynor, 2014-04-15 The Glow provides a rare glimpse into the world of fashionable mothers at home, capturing tender moments between them and their young ones and sharing their inspiration, insights, and a few of their favorite things. Violet Gaynor and Kelly Stuart, creators of the popular website TheGlow.com, bring their unique vision of motherhood to the page with 150 gorgeous photographs and intimate interviews with tastemaker moms that follow the path from pregnancy to parenthood with wry wit, charming advice, and a deep understanding of the affectionate relationship between parent and child. The book covers everything from personal style to home decor, cooking, fitness, beauty, marriage, and more, making The Glow the parenting book for the new generation of hip moms.

goop wellness box giveaway: Brandwashed Martin Lindstrom, 2011-09-28 A shocking insider's look at how global giants conspire to obscure the truth and manipulate our minds. Marketing visionary Martin Lindstrom has been on the front lines of the branding wars for over twenty years. Here, he turns the spotlight on his own industry, drawing on all he has witnessed behind closed doors, exposing for the first time the full extent of the psychological tricks and traps that companies devise to win our hard-earned dollars. Picking up from where Vance Packard's bestselling classic, The Hidden Persuaders, left off more than half-a-century ago, Lindstrom reveals: New findings that reveal how advertisers and marketers intentionally target children at an alarmingly young age - starting when they are still in the womb! Shocking results of an fMRI study which uncovered what heterosexual men really think about when they see sexually provocative advertising (hint: it isn't their girlfriends). How marketers and retailers stoke the flames of public panic and capitalize on paranoia over global contagions, extreme weather events, and food contamination scares. The first ever neuroscientific evidence proving how addicted we all are to our iPhones and our Blackberry's (and the shocking reality of cell phone addiction - it can be harder to shake than addictions to drugs and alcohol). How companies of all stripes are secretly mining our digital footprints to uncover some of the most intimate details of our private lives, then using that information to target us with ads and offers 'perfectly tailored' to our psychological profiles. How certain companies, like the maker of one popular lip balm, purposely adjust their formulas in order to make their products chemically addictive. What a 3-month long guerrilla marketing experiment, conducted specifically for this book, tells us about the most powerful hidden persuader of them all. And much, much more. This searing expose introduces a new class of tricks, techniques, and seductions - the Hidden Persuaders of the 21st century- and shows why they are more insidious and pervasive than ever.

goop wellness box giveaway: Fragrant Mandy Aftel, 2014-10-16 Winner of the 2016 Perfumed Plume Award The "Alice Waters of American natural perfume" (indieperfume.com) and author of the Art of Flavor celebrates our most potent sense, through five rock stars of the fragrant world Mandy Aftel is widely acclaimed as a trailblazer in natural perfumery. Over two decades of sourcing the finest aromatic ingredients from all over the world and creating artisanal fragrances, she has been an evangelist for the transformative power of scent. In Fragrant, through five major players in the epic of aroma, she explores the profound connection between our sense of smell and the appetites that move us, give us pleasure, make us fully alive. Cinnamon, queen of the Spice Route, touches our hunger for the unknown, the exotic, the luxurious. Mint, homegrown the world over, speaks to our affinity for the familiar, the native, the authentic. Frankincense, an ancient incense ingredient, taps into our longing for transcendence, while ambergris embodies our unquenchable curiosity. And exquisite jasmine exemplifies our yearning for beauty, both evanescent and enduring. In addition to providing a riveting initiation into the history, natural history, and philosophy of scent, Fragrant imparts the essentials of scent literacy and includes recipes for easy-to-make fragrances and edible, drinkable, and useful concoctions that reveal the imaginative possibilities of creating with—and reveling in—aroma. Vintage line drawings make for a volume that will be a treasured gift as well as a great read.

goop wellness box giveaway: *Marshmallows* Eileen Talanian, 2008-01-02 Need s'more ideas on what to do with this luscious ingredient? Find over 100 recipes—plus directions on how to make your own marshmallows! No girl or boy scout has had marshmallows like these! Marshmallows takes the classic favorite to a mouthwatering new level. Featuring over 100 recipes for making your own marshmallows and treats to go with them, the book presents creations ranging from the family favorite S'Mores to the uniquely delicious Blood Orange and Rosemary and Zinfandel Fluff. There's even a recipe for a champagne marshmallow wedding cake! Marshmallows also supplies readers with helpful sections on ingredients, equipment, tips and techniques, a history of the marshmallow, and much more. Includes photos

goop wellness box giveaway: *Sacred Rest* Dr. Saundra Dalton-Smith, 2017-12-19 Staying busy is easy. Staying well rested-now there's a challenge. How can you keep your energy, happiness, creativity, and relationships fresh and thriving in the midst of never-ending family demands, career pressures, and the stress of everyday life? In *Sacred Rest*, Dr. Saundra Dalton-Smith, a board-certified internal medicine doctor, reveals why rest can no longer remain optional. Dr. Dalton-Smith shares seven types of rest she has found lacking in the lives of those she encounters in her clinical practice and research-physical, mental, spiritual, emotional, sensory, social, creative-and why a deficiency in any one of these types of rest can have unfavorable effects on your health, happiness, relationships, creativity, and productivity. *Sacred Rest* combines the science of rest, the spirituality of rest, the gifts of rest, and the resulting fruit of rest. It shows rest as something sacred, valuable, and worthy of our respect. By combining scientific research with personal stories, spiritual insight, and practical next steps, *Sacred Rest* gives the weary permission to embrace rest, set boundaries, and seek sanctuary without any guilt, shame, or fear.

goop wellness box giveaway: *Keeping it Simple* Yasmin Fahr, 2020-01-09 Named a Best New Cookbook of Spring 2020 by The New York Times, Forbes and Esquire UK. After a long day at work, heading home to cook a fussy, complicated meal is the last thing anyone wants to do. *Keeping it Simple* is the ultimate collection to have on hand for these moments. Featuring over 60 quick and easy, drool-worthy one-pot dinners you can whip up in the time it takes to have a glass of wine (or two, let's be honest), Yasmin Fahr has got you covered. Inspired by her column for *Serious Eats*, *One-Pot Wonders*, Yasmin sets out to arm readers with sneaky gems and low-key showstoppers that work every time, and a promise that they will learn at least one new move (if not a good few) to up their skills in the kitchen. The ultimate goal is to get dinner on the table quickly, but also to create something truly delicious as a weeknight reward. Why order a takeaway when you can throw together Miso-Ghee Chicken with Roasted Radishes or Rigatoni and Broccoli with Crispy Prosciutto in 20 minutes? And when you can cook it all in one pot, clean-up is a breeze. Featuring humorous and relatable anecdotes and musings on cooking and life, in Yasmin's witty and energetic style, *Keeping it Simple* is the book you'll keep coming back to night after night for inspiration both in the kitchen and out. It's a collection that will remind you why you love to cook in the first place.

goop wellness box giveaway: *AFROSURF* Mami Wata, 2021-06-15 Discover the untold story of African surf culture in this glorious and colorful collection of profiles, essays, photographs, and illustrations. *AFROSURF* is the first book to capture and celebrate the surfing culture of Africa. This unprecedented collection is compiled by Mami Wata, a Cape Town surf company that fiercely believes in the power of African surf. Mami Wata brings together its co-founder Selema Masekela and some of Africa's finest photographers, thinkers, writers, and surfers to explore the unique culture of eighteen coastal countries, from Morocco to Somalia, Mozambique, South Africa, and beyond. Packed with over fifty essays, *AFROSURF* features surfer and skater profiles, thought pieces, poems, photos, illustrations, ephemera, recipes, and a mini comic, all wrapped in an astounding design that captures the diversity and character of Africa. A creative force of good in their continent, Mami Wata sources and manufactures all their wares in Africa and works with communities to strengthen local economies through surf tourism. With this mission in mind, Mami Wata is donating 100% of their proceeds to support two African surf therapy organizations, Waves for Change and Surfers Not Street Children.

goop wellness box giveaway: Lost in Ghost Town Carder Stout, 2020-03-10 Dr. Carder Stout's memoir about his fall from grace into addiction to crack; finding redemption in the most unlikely of places.

goop wellness box giveaway: Men in Love Nancy Friday, 2010-09-01 An extraordinary, explicitly masculine journey, *Men In Love* develops a startlingly honest portrayal of what it means to be a man in contemporary America. Here are the unexpurgated dreams, fantasies and fetishes that excite and obsess men today. In creating this historic study, Nancy Friday listened--without disapproval, apology or censorship--to the candid responses of thousands of men aged fourteen through sixty. She gave them a legitimate arena where they could share their secret gardens--the hidden and forbidden but nonetheless real and true. Much more than a litany of erotica, this unique volume doesn't tell us how men should love. It tells us how men do love--a stunning insight into the desires that dwell within men's psyches... and their hearts.

goop wellness box giveaway: *The Life-Changing Magic of Tidying Up* Marie Kondo, 2014-10-14 #1 NEW YORK TIMES BESTSELLER • The book that sparked a revolution and inspired the hit Netflix series *Tidying Up with Marie Kondo*: the original guide to decluttering your home once and for all. ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE—CNN Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house "spark joy" (and which don't), this international bestseller will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

goop wellness box giveaway: *Growing You* Korie Herold, 2020-03-17 Your pregnancy story is a special one. Document your most precious moments from this season of life in this elegant keepsake journal and memory book. *Growing You* is a place to celebrate and chronicle your pregnancy journey, reflecting on the growth, anticipation, and memories that you want to hold onto as a mother. This heirloom-quality book, created by the author of the popular baby book *As You Grow*, is designed with a timeless look and archival paper so that you can one day pass it along to your child. *Growing You* includes: Space to journal your feelings and experiences about pregnancy and your birth story A section to document your prenatal appointments and growth Writing prompts to record precious milestones such as baby showers and prepping your nursery Pages to document your baby's birth day Pocket folder for sonogram photos, letters from loved ones, and other mementos And more! Special Features: Chic, gender-neutral design Elegant linen cover Acid-free and archival paper Generous trim size offers ample space for photos Lay-flat design created by a beautiful gold spiral binding allows you to easily write in the book

goop wellness box giveaway: *The Mother's Promise* Sally Hepworth, 2017-02-21 A poignant and breathtaking novel from the author of *The Things We Keep* and *The Secrets of Midwives*. All their lives, Alice Stanhope and her daughter, Zoe, have been a family of two, living quietly in Northern California. Zoe has always struggled with crippling social anxiety and her mother has been her constant and fierce protector. With no family to speak of, and the identity of Zoe's father shrouded in mystery, their team of two works—until it doesn't. Until Alice gets sick and needs to fight for her life. Desperate to find stability for Zoe, Alice reaches out to two women who are practically strangers but who are her only hope: Kate, a nurse, and Sonja, a social worker. As the four of them come together, a chain of events is set into motion and all four of them must confront their sharpest fears and secrets—secrets about abandonment, abuse, estrangement, and the deepest longing for family. Imbued with heart and humor in even the most dismal moments, *The Mother's Promise* is an unforgettable novel about the unbreakable bonds between mothers and daughters and the new ways in which families are forged. Sally Hepworth novels are sure to appeal to fans of Jojo

Moyes, Jodi Picoult, and Lisa Genova; book clubs will be lining up. —Library Journal (starred review)

goop wellness box giveaway: *CLEAN 7* Alejandro Junger, 2019-12-03 The definitive program on detoxification just got easier, thanks to multiple New York Times bestselling author Dr. Alejandro Junger's detailed, personalized, and medically proven seven-day plan that helps us begin to rid our bodies of the multitude of toxins that infiltrate our systems every day. Each day, too many of us struggle unnecessarily with debilitating health issues, such as colds or viruses, allergies or hay fever, stubborn extra pounds, poor sleep, recurrent indigestion, constipation, or irritable bowel syndrome, itchy rashes, acne or other skin conditions, depression, anxiety, or frequent fatigue. But we don't have to suffer any longer. In his bestseller *Clean*, the international leader in the field of integrative medicine revealed how many of these common ailments are the direct result of toxic build-up in our systems accumulated through daily living, and offered solutions for combatting them. Now, with *Clean 7*, Dr. Junger makes his groundbreaking program easier and more accessible than ever before. *Clean 7* is his medically proven seven-day regimen that provides all the necessary tools to support and reactivate our bodies' detoxification system to its fullest capabilities. In one week, you can begin addressing those nagging health issues by discovering the foods that harm you and the foods that heal you, lose extra weight, and start to experience what it truly means to be well. The first seven days of any program are the most critical. Undertaking a new routine is stressful, and tests our commitment, willpower, and focus. Understanding exactly what's going on in your body—why you might feel fatigue on day two or cravings on day five—is the key to success. A doctor who's helped millions, Dr. Junger personally guides you through the process, offering a clear, day-by-day, meal-by-meal exploration of what's happening in your body to keep you focused on your goals. Filled with the latest science on the brain, and featuring delicious, nutritious recipes, and details on everything from prepping your kitchen to prepping your mind, *Clean 7* revolutionizes the detoxification process. If you have been searching for a book or program to help you take that next step for your overall health, *Clean 7* is the answer. Discover what it truly means to be healthy.

goop wellness box giveaway: *The Stevia Deception* Bruce Fife, 2017-08-14 Through the power of persuasive advertising and clever marketing, we've been sold on the idea that stevia is a natural herbal sweetener that is not only harmless but even health-promoting. As such, it is promoted as a better choice over sugar or other low-calorie sweeteners. Stevia has rapidly become a multimillion-dollar industry. Despite all of the marketing hype, stevia is not the innocent little herb it is made out to be—and it is not harmless. The stevia sweetener you purchase at the store is a highly refined, purified chemical that is little different from any other artificial sweetener, with many of the same drawbacks and dangers. The author's observation of troubling adverse reactions associated with stevia led him on an investigation that uncovered disturbing facts hidden from the public, including studies that contradict the sweetener's safety and assumed benefits. In this book, you will learn why you should never use stevia if you want to lose excess weight or control diabetes. You will also learn why all low-calorie sweeteners are potentially dangerous, and what options you have available. The information in this book comes directly from published studies, historical facts, and the author's personal experiences. In this book you will learn that stevia is not an herb but a highly refined chemical acts like an artificial sweetener is addictive can cause digestive distress alters the gut microbiome is a gut excitotoxin promotes obesity, diabetes, and metabolic syndrome can cause allergic reactions

goop wellness box giveaway: *Destination Wellness* Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with

heartful personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. Destination Wellness is the perfect book for:

- Anyone who has embraced hygge and is looking for new lifestyle inspiration
- Armchair travelers and staycationers
- Happiness and inspiration seekers
- Wellness and travel enthusiasts
- History lovers

goop wellness box giveaway: The White Coat Diaries Madi Sinha, 2020-09-15 Grey's Anatomy meets Scrubs in this brilliant debut novel about a young doctor's struggle to survive residency, love, and life. Having spent the last twenty-something years with her nose in a textbook, brilliant and driven Norah Kapadia has just landed the medical residency of her dreams. But after a disastrous first day, she's ready to quit. Disgruntled patients, sleep deprivation, and her duty to be the perfect Indian daughter have her questioning her future as a doctor. Enter chief resident Ethan Cantor. He's everything Norah aspires to be: respected by the attending physicians, calm during emergencies, and charismatic with his patients. And as he morphs from Norah's mentor to something more, it seems her luck is finally changing. But when a fatal medical mistake is made, pulling Norah into a cover-up, she must decide how far she's willing to go to protect the secret. What if "doing no harm" means putting herself at risk?

goop wellness box giveaway: The Female Advantage Alisa Vitti, 2019-09-24 The bestselling author of WomanCode presents a biohacking program for women, teaching them how to use their natural 28-day cycle to guide their time, diet, fitness, work, and relationships. Women have been conditioned to think of their bodies as burdens, especially when it comes to our periods. We suffer from cramps, PMS, bloating and mood swings, all while overlooking the extraordinary power that lies within us. We cram as much as possible into our day, striving to accomplish impossible to-do lists, and scheduling our lives based on a 24-hour time cycle, ignoring the intuitive time our bodies naturally keep: a monthly cycle with four hormonal phases that offer incredible advantages. In the FLO presents a simple but revolutionary 4-week solution to manage your energy and time according to your female biochemistry. By working with each phase, you'll support your hormones, unlock peak creativity and productivity, and avoid burnout. You'll know exactly when to eat certain foods, clear your social calendar, or ask for a raise--and you'll have the tools to do so, including: Meal plans and recipes for each phase Charts for phase-specific exercises, work tasks, and relationship activities A daily planner that helps you align with your strengths in each phase A biohacking toolkit for navigating period problems and hormonal birth control Alisa Vitti, functional nutritionist, women's hormone expert, and bestselling author of WomanCode, has been teaching women how to sync with their cycles for nearly twenty years and has witnessed the incredible rewards it offers, including losing stubborn weight, regaining energy, clearing endometriosis and resolving infertility issues. By tapping into this natural power source, you'll get more done with less effort, you'll feel better consistently throughout the month, and you'll enjoy the freedom that comes with living on your own time.

goop wellness box giveaway: Take the Leap Sara Bliss, 2019-10-08 The ultimate road map for landing your dream job, packed with true inspiring stories from more than sixty people who made profound changes in their lives and careers, plus practical advice from experts. "If you are ready to go for the life and the job you really want, Take the Leap is the go-to book for anyone making a career change" (Bobbi Brown). Take the Leap features inspiration and advice from game changers, rule breakers, and side hustlers who once stood where you are now, wondering if they should take a risk. They went from production assistant to million-dollar screenplay writer; attorney to surf instructor; mom to DJ; hairdresser to firefighter; real estate agent to award-winning chef. Do you want to go for that career you've always dreamed about? Launch a new company? Become a tech mogul? Live a life of adventure? Save the world? You'll find wisdom from successful mentors like creative visionary and writer Simon Doonan, entrepreneur Barbara Corcoran, NFL player turned

artist/activist Aaron Maybin, and wellness and beauty guru Bobbi Brown. Whether you watch Shark Tank religiously and think I could have thought of that, or harbor daydreams about traveling the globe in style, your wildest career dream is represented in this empowering guidebook. Take the Leap serves as the reminder we all need: don't settle—go after whatever it is that you truly want.

goop wellness box giveaway: It's All Easy Gwyneth Paltrow, Thea Baumann, 2015-09-08 The #1 New York Times bestselling cookbook that will help anyone make delectable, healthy meals in no time! Gwyneth Paltrow is back to share more than 125 of her favorite recipes that can be made in the time it would take to order takeout (which often contains high quantities of fat, sugar, and processed ingredients). All the dishes are surprisingly tasty, with little or no sugar, fat, or gluten. From easy breakfasts to lazy suppers, this book has something for everybody. Yummy recipes include Chocolate Cinnamon Overnight Oats, Soft Polenta with Cherry Tomatoes, Chicken Enchiladas, Pita Bread Pizzas, Quick Sesame Noodles, and more! Plus, an innovative chapter for on-the-go meals (Moroccan Chicken Salad Wrap, Chopped Salad with Grilled Shrimp, and others) that you can take for lunch to work or school, to a picnic, or to eat while watching soccer practice!

goop wellness box giveaway: Is Gwyneth Paltrow Wrong About Everything? Timothy Caulfield, 2016-05-10 An exploration of the effect our celebrity-dominated culture has on our ideas of what it means to live the good life What would happen if an average Joe tried out for American Idol, underwent a professional makeover, endured Gwyneth Paltrow's "Clean Cleanse," and followed the outrageous rituals of the rich and famous? Health law policy researcher Timothy Caulfield finds out in this thoroughly unique, engaging, and provocative book about celebrity culture and its iron grip on today's society. Over the past decade, our perceptions of beauty, health, success, and happiness have become increasingly framed by a popular culture steeped in celebrity influence and ever more disconnected from reality. Research tells us that our health decisions and goals are influenced by celebrity culture and endorsements, our children's ambitions are now overwhelmingly governed by the fantasy of fame, and the ideals of beauty and success are mediated through a celebrity-dominated worldview. But while much has been written about the cause of our obsession with the rich and famous, Caulfield argues that not enough has been done to debunk celebrity messages and promises about health, diet, beauty, or happiness. From super-thin models to Gwyneth Paltrow's endorsement of a gluten free-diet for almost anyone, celebrity opinions have the power to dominate our conversations and outlooks. In this book, Caulfield provides an entertaining look into the celebrity world, including vivid accounts of his own experiences trying out for American Idol, having his skin resurfaced, and doing the cleanse; interviews with actual celebrities; thought-provoking facts, and a practical and evidence-based reality check on our own celebrity ambitions.

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