

pure vibes gifts and wellness

Pure Vibes Gifts and Wellness: Finding the Perfect Gift for Mind, Body, and Soul

Are you searching for that perfect gift – something that goes beyond the usual trinkets and truly nourishes the recipient's well-being? Forget generic presents; let's dive into the world of Pure Vibes Gifts and Wellness. This guide explores thoughtful, meaningful gifts that promote relaxation, self-care, and a sense of overall well-being. We'll cover a wide range of options, from luxurious bath bombs to inspiring journals, helping you find the ideal present for any occasion and any personality. Get ready to discover the power of gifting pure vibes!

Understanding the Power of Pure Vibes Gifts

The concept of "Pure Vibes" encompasses positivity, mindfulness, and a focus on holistic well-being. Giving a gift aligned with these values isn't just about the present itself; it's about conveying care and support for the recipient's mental and physical health. It's about choosing something that resonates with their personality and encourages self-care practices. This goes far beyond material value; it's about gifting an experience, a moment of peace, or a tool for self-improvement.

Pure Vibes Gifts for Relaxation and Self-Care

This section focuses on gifts designed to help the recipient unwind and de-stress. Think luxurious bath products, soothing aromatherapy diffusers, and cozy accessories that create a haven for relaxation.

Luxurious Bath and Body Products: A high-quality bath bomb infused with essential oils, a creamy body lotion with a calming scent, or a luxurious bathrobe can transform a simple bath into a spa-like experience. Look for natural ingredients and calming scents like lavender, chamomile, or sandalwood.

Aromatherapy Diffusers and Essential Oils: The power of aromatherapy shouldn't be underestimated. A diffuser paired with calming essential oils like lavender or frankincense can create a tranquil atmosphere, perfect for meditation or relaxation before bed.

Weighted Blankets: These blankets provide gentle pressure, mimicking the feeling of a comforting hug. They can significantly reduce anxiety and promote better sleep.

Cozy Accessories: Think plush slippers, a soft throw blanket, or a comfortable eye mask. These items contribute to a relaxing and comforting environment.

Pure Vibes Gifts for Mindfulness and Self-Reflection

These gifts encourage introspection and self-awareness, promoting mental clarity and emotional

well-being.

Journals and Planners: A beautifully designed journal prompts self-reflection, gratitude practice, or goal setting. A planner helps organize daily life, reducing stress and promoting a sense of accomplishment.

Meditation Apps and Subscription Boxes: Subscription boxes curated for mindfulness practices or access to guided meditation apps offer ongoing support for mental well-being.

Books on Mindfulness and Self-Help: Select books focusing on positive psychology, stress management, or mindfulness techniques to help the recipient on their journey to self-discovery.

Crystal Healing Sets: For those interested in crystal healing, a set of carefully selected crystals can promote balance and harmony. (Always emphasize the importance of crystals as tools for relaxation and intention setting, not as medical cures.)

Pure Vibes Gifts for Physical Well-being

This category focuses on gifts that support physical health and an active lifestyle.

Yoga Mats and Fitness Equipment: For the fitness enthusiast, a high-quality yoga mat or other fitness equipment can encourage regular exercise and a healthier lifestyle.

Healthy Snack Boxes: Curated boxes filled with healthy and delicious snacks provide a convenient and guilt-free treat.

Fitness Trackers and Smartwatches: These devices can motivate individuals to stay active and track their progress towards health goals.

Herbal Teas and Infusions: A selection of calming and beneficial herbal teas offers a comforting and healthy alternative to coffee or sugary drinks.

Choosing the Perfect Pure Vibes Gift: Considering the Recipient

The key to finding the perfect Pure Vibes gift lies in understanding the recipient's personality, interests, and needs. Consider their lifestyle, hobbies, and any challenges they might be facing. A thoughtful gift reflects your attention to detail and your genuine care for their well-being. Don't be afraid to personalize the gift with a handwritten note expressing your wishes for their happiness and well-being.

Conclusion

Gifting Pure Vibes is about more than just choosing a present; it's about choosing an experience, a moment of peace, or a tool for self-improvement. By carefully considering the recipient's needs and preferences, you can select a gift that genuinely nourishes their mind, body, and soul. Remember, the intention behind the gift is just as important as the gift itself. So, embrace the opportunity to spread positivity and well-being with a truly thoughtful present.

Frequently Asked Questions (FAQs)

1. What if I don't know the recipient's preferences regarding wellness? Start with versatile options like a luxurious bath set, a cozy blanket, or a beautiful journal. These are generally well-received and offer a sense of relaxation.
1. Are Pure Vibes gifts expensive? Not necessarily! There are many affordable options available, from a simple aromatherapy candle to a thoughtful handwritten letter expressing your care and support. The value lies in the intention.
1. Where can I find Pure Vibes gifts? Many online retailers, specialty shops, and even local boutiques offer a wide range of wellness-focused products. Explore ethical and sustainable brands for added value.
1. Can Pure Vibes gifts be personalized? Absolutely! Adding a handwritten note, a personalized inscription, or choosing a gift that reflects the recipient's hobbies makes the present even more meaningful.
1. Are Pure Vibes gifts suitable for all occasions? Yes, Pure Vibes gifts can be appropriate for birthdays, holidays, graduations, or simply as a gesture of support and care. The focus is on well-being, making them suitable for various celebrations and expressions of love and friendship.

pure vibes gifts and wellness: Happiness Through Hardship Caryn Sullivan, 2019-06-29
Does your diagnosis have you desperate as to what to do next? Shocked, scared and practically paralyzed with your next steps? Help is here in this brilliant, quick and simplified book backed with the best advice from a two-time cancer survivor who walked in similar shoes. Like a good friend holding your hand, Caryn Sullivan's Happiness through Hardship is written in support of cancer patients, their caregivers and/or friends who need direction during the first few weeks after diagnosis. This cancer-surviving guide book empowers readers to take immediate steps for being prepared, less-stressed and able to find a little joy within the journey. Happiness through Hardship directs those facing an initial cancer diagnosis with positivity and hope. Structured with thoughtful tips and anecdotes, this short book provides gentle guidance from the first few days to the thickness of treatments, and includes a journal and note-taking pages to be used as a reference during doctor appointments and meetings. After her own cancer diagnosis, Caryn understands the importance of a

book that's easily digestible and not overwhelmingly long. Her insight provides a little light during the darker days. The first few weeks after diagnosis are often most challenging. Caryn was blessed to have three angels, Ellen Cavauiolo, Mary Ann Wasil and Meghan Zucker guide her throughout the early days. This book is dedicated to them and half the proceeds will be donated to metastatic breast cancer research through The Cancer Couch Foundation.

pure vibes gifts and wellness: *The New Southern Style* Alyssa Rosenheck, 2020-09-22 A vibrantly illustrated exploration of the creative, inclusive, and inspiring movement happening in today's Southern interior design The American South is a place steeped in history and tradition. We think of sweet tea, thick drawls, and even thicker summer air. It is also a place with a fraught history, complicated social norms, and dated perspectives. Yet among the makers and artists of the South, there is a powerful movement afoot. Alyssa Rosenheck shines a much-needed spotlight on a burgeoning community of people who are taking what's beloved, inherent, and honored in the South and making it their own. The New Southern Style tours more than 30 homes and includes interviews with the designers, artists, and creative entrepreneurs who are reinventing Southern design and culture. This beautifully illustrated book is sure to inspire the home and soul.

pure vibes gifts and wellness: *Chris Beat Cancer* Chris Wark, 2021-01-05 Now in paperback, the Wall Street Journal best-selling guide to charting a path from cancer to wellness through a toxin-free diet, lifestyle, and therapy--created by a colon cancer survivor. Millions of readers have followed Chris Wark's journey on his blog and podcast Chris Beat Cancer, and in his debut work, he dives deep into the reasoning and scientific foundation behind the approach and strategies that he used to successfully heal his body from stage-3 colon cancer. Drawing from the most up-to-date and rigorous research, as well as his deep faith, Wark provides clear guidance and continuous encouragement for his healing strategies, including his Beat Cancer Mindset; radical diet, and lifestyle changes; and means for mental, emotional, and spiritual healing. Packed with both intense personal insight and extensive healing solutions, the Wall Street Journal best-selling Chris Beat Cancer will inspire and guide you on your own journey toward wellness.

pure vibes gifts and wellness: *Good Vibes, Good Life* Vex King, 2018-12-04 OVER 1 MILLION COPIES SOLD: Instagram guru Vex King "teaches us how self-love is the key to unlocking your inner greatness" (Marie Claire) and shares inspirational quotes and universal wisdom for manifesting positive vibes. Join the self-love revolution—and be the best version of you that YOU can be! Vex overcame adversity to become a source of hope for millions of young people, and now draws from his personal experience and his intuitive wisdom to inspire you to: · Practise self-care, overcome toxic energy, and prioritize your well-being · Cultivate positive lifestyle habits, including mindfulness and meditation · Change your beliefs to invite great opportunities into your life · Manifest your goals using tried-and-tested techniques · Overcome fear and flow with the Universe · Find your higher purpose and become a shining light for others In this beautiful, giftable book, Vex will show you that when you change the way you think, feel, speak, and act, you begin to change the world.

pure vibes gifts and wellness: *Plant Over Processed* Andrea Hannemann, 2020-12-29 A NATIONAL BESTSELLER! Trust in nature. Believe in balance. Eat the rainbow! Andrea Hannemann, aka Earthy Andy, presents a guide to plant-based eating that is simple, delicious, and fun. INCLUDES A 30-DAY PLANT OVER PROCESSED CHALLENGE Andrea Hannemann, known as Earthy Andy to her more than one million Instagram followers, believes that food is the fuel of life, and that consuming a nourishing, plant-based diet is the gateway to ultimate health. Andy's mantra, "plant over processed," embodies the way she eats and feeds her family of five in their home in Oahu, Hawaii. But it wasn't always this way. Andy was once addicted to sugar and convenience foods and suffering from a host of health issues that included IBS, Celiac disease, hypothyroidism, asthma, brain fog, and chronic fatigue. Fed up with spending time and money on specialists, supplements, and fad diets, she quit animal products and processed foods cold turkey, and embarked on a new way of eating that transformed her health and her body. In *Plant Over Processed*, Andy invites readers to join her on a "30-Day Plant Over Processed Challenge" that will

detox the body, followed by a long-term plan for going plant-based without giving up your favorite dishes. Packed with gorgeous photography and mouth-watering recipes—from smoothies and bliss bowls to plant-based comfort and decadent desserts—this life-changing guide takes you to the North Shore of Hawaii and back, showing you how easy it is to eat plant-based, wherever you are.

pure vibes gifts and wellness: Pure Jennifer L Armentrout, 2024 Alex longs for a normal life as a half-blood and grapples with her destiny as the second Apollyon, which is exacerbated by her infuriating connection to Seth and her forbidden feelings for pure-blood Aiden, all while she battles daimons and pures who threaten her survival.

pure vibes gifts and wellness: *Quinta Essentia - The Five Elements* Morag Campbell, 2003 The Quinta Essentia is the elusive fifth element which creates the stage for the more familiar astrological elements of Air, Fire, Water and Earth to be expressed. To discover and truly understand our essential self we must explore the unique combination of all the elements as they play through our life. You have all heard of space cadets, air heads, hot heads, wet blankets, stick in the muds and the like, but do you know how these terms came about? This book explains how our personalities, modes of communication, even our health problems are related to the balance of the Five Elements which are the building blocks of life. Getting to know these elements and how they manifest in our lives, enriches our understanding of ourselves and others, improves our relationships and gives direction and purpose to our life.

pure vibes gifts and wellness: *Get The Glow* Madeleine Shaw, 2015-04-23 In GET THE GLOW nutritional health coach to the stars Madeleine Shaw shows you that eating well can easily become a way of life, resulting in the hottest, healthiest and happiest you. Healthy eating shouldn't be about fad diets, starvation or deprivation. Instead, Madeleine's philosophy is simple: ditch the junk and eat foods that heal your gut so you can shine from head to toe and really get the glow. Lavishly illustrated with sumptuous photography, GET THE GLOW is a cookbook to be savoured. Madeleine shares 100 delicious, wheat- and sugar-free recipes bursting with flavour and nutritional value leaving you feeling full and nourished. Every mouth-watering dish is easy to make, contains ingredients that can be found in your local supermarket and won't break the budget. You'll lose weight, feel healthier and will glow on the inside and out. Including a six-week plan and advice on kitchen cupboard essentials and eating out, Madeleine's down-to-earth and practical guidance will help you to embrace GET THE GLOW as a lifestyle for good. This book will inspire you to fall back in love with food, life, and yourself.

pure vibes gifts and wellness: *Dating After 50 For Dummies* Pepper Schwartz, 2014-01-06 Meet, date, and start a relationship with Mr. or Ms. Right-after 50 Almost everyone associates falling in love with their younger years, but as the boomer generation ages, more and more people over 50 are jumping back into the dating scene for the first time (in a long time) and need advice and guidance on how the dating world (and ways to find a soul mate) have changed since they last tested the water. *Dating After 50 For Dummies* covers the gamut of topics for those dating after 50: the physical and emotional benefits of sex and relationships as we age; dating confidence boosters; dating site options (and signing up for the first trial); safety concerns when dating; fun and different dating ideas; how to introduce a new partner to your children; and much more. Dating and relationship advice for baby boomers How to deal with medical issues that can make sex difficult Dating advice for gays and lesbians How to build self-esteem for dating after 50 If you're single and over 50, the trusted advice in *Dating After 50 For Dummies* gives you everything you need to get out there and meet the partner of your dreams.

pure vibes gifts and wellness: *High Vibrational Beauty* Kerrilynn Pamer, Cindy DiPrima Morisse, 2018-04-03 Beauty is Wellness. Wellness is Beauty. Kerrilynn Pamer and Cindy DiPrima Morisse, founders of CAP Beauty, the all-natural beauty site and store, want to share their deep knowledge of the benefits of natural beauty, foods, and mindfulness techniques with you. Natural beauty is about making choices that create true radiance from the foods we eat to the way we move to how we care for ourselves and our planet. You've already purified your meals, workouts, and bodies by returning to clean naturals. Now it's time to align your beauty routine with the other

wellness practices you follow. What we put on our skin is easily as important as what we put in our mouths. But natural beauty is about much more than just products. Through routines, recipes, and rituals, High Vibrational Beauty addresses beauty from the inside out and vibrancy from the outside in. Divided into seasons and focused on self-care and rejuvenation, High Vibrational Beauty combines mantras, meditations, natural skin care regimens, and more than 100 plant-based recipes to help you achieve radical radiance. This is the only guidebook you need to create true and lasting beauty for the mind, body, and soul.

pure vibes gifts and wellness: 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 heartfelt 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

pure vibes gifts and wellness: Witchcraft Therapy Mandi Em, 2021-05-04 Discover magical solutions to cope with whatever life throws your way in this fun self-help guide to invoking your inner power. Self-help is hard (and therapy is expensive!), but magic makes it easier than ever. In Witchcraft Therapy, you will learn how to use the mystical powers of intention, mindful manifestation, divination, and righteous indignation to cope with whatever life throws your way. Author and witchy wellness guru Mandi Em offers advice in her own unique brand of positivity providing spells, rituals, and more that you can do right at home. Complete with wisdom like "Remember that 'f*ck off' is a banishing spell," Witchcraft Therapy will have you feeling more empowered and liberated than ever.

pure vibes gifts and wellness: Crystal Muse Heather Askinosie, Timmi Jandro, 2017-10-17 "Crystal Muse is pure enchantment. It is written with grace, deep knowledge, and the kind of magic that comes only from years and years of experience trusting and working in the unseen realms. I highly recommend this book to everyone who wants to live a more delightful and fulfilling life." —CHRISTIANE NORTHRUP, M.D., New York Times best-selling author of Goddesses Never Age Crystal Muse explores how you can transform life's challenges into opportunities for growth by being equipped with the right crystals and mindset. Learn how you can connect with crystals and empower your life by using this guide to set such transformational intentions as: —Attracting love through learning to love yourself —Relieving anxiety by surrendering to meditation —Becoming a magnet for prosperity —Crystallizing a breakthrough —Consciously conceiving a new life —Cutting your unhealthy energy cords —Getting rid of insomnia to sleep with your mind fully at rest —Cultivating the connection with your creative spirit —Aligning with the energy of the moon —Grounding yourself with the energy of the earth; and —Finding the temple within These practices are a collection of over 25 years of rigorous research, world travel, and spiritual quests by holistic healer and crystal expert, Heather Askinosie. For over two decades, Heather and her business partner, Timmi Jandro, have been offering insights into crystals through their crystal healing business, Energy Muse. Throughout Crystal Muse, Heather and Timmi share their personal stories on the path toward alternative practice, and explain how these remedies can work for the reader's

life too.

pure vibes gifts and wellness: 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.

pure vibes gifts and wellness: *Living Fully* Mallory Ervin, 2023-02-07 NATIONAL BESTSELLER • An irresistible guide to living without holding back, from the vibrant lifestyle entrepreneur and host of the *Living Fully* podcast One of Katie Couric Media's Best New Self Help Books to Read in the New Year • "If you're ready to up-level your life and create long-lasting change, then this book is for you! Mallory's resilient path will inspire you to step into your power."—Gabby Bernstein, #1 New York Times bestselling author of *The Universe Has Your Back* Mallory Ervin is known for exuding energy, joy, and laughter. But despite her public accomplishments, Mallory is no stranger to battling unhealthy attachments to performance and success. Now, in her unforgettable debut book, Mallory invites readers to see how her surprising journey—from achievement and accolades to devastating, never-before-shared lows—guided her and led her to a deeply fulfilling life. In *Living Fully*, Mallory shares her personal story of overcoming the unhealthy and damaging patterns in her life and shows readers how to trade this for something completely new and more rewarding. What she discovered was there had always been a different life available to her, one that she had not yet seen. Now she encourages readers to resist a "just fine" existence and to step into a life they never dared to imagine before. Through inspiring stories and practical advice Mallory offers the motivation to: • stop returning to a "just getting by" mentality • shift perspective so blessings don't become burdens • remember that life's curveballs don't have to knock you off your feet • identify your passions and get back to your truest self • slow down and enjoy the extraordinary in the everyday moments • quiet the voice of fear • get clear on the life you want "I wrote this to be your wake-up call, the thing that turns the lights on in your life and propels you to make real change, once and for all," Mallory says. "I want you to wake up and stay awake." For anyone hungry for a richer life, or tired of coasting through life in a "cruise control" mindset, *Living Fully* is the ultimate invitation to embrace abundance and joy—and not look back!

pure vibes gifts and wellness: *Polarity Therapy* Randolph Stone, 1999 This two-volume set by the father of Polarity Therapy--the healing science based on living energy fields--has been essential reading for many practitioners of the healing arts, especially those who employ manual techniques or energy-balancing procedures. Polarity Therapy can be used in psychotherapy, chiropractic therapy, osteopathy, many types of massage, physical therapy, dance, yoga, and other forms of bodywork.

pure vibes gifts and wellness: The Subtle Body Practice Manual Cyndi Dale, 2013-08-01
Cyndi Dale's *The Subtle Body* has become the go-to reference guide for anyone who wants to learn about the many varieties of energy healing. With *The Subtle Body Practice Manual*, she offers an equally valuable resource: a practical instruction manual for putting energy healing into action. Filled with lucid information, step-by-step guidance, diagrams, and key insights, here is an expansive how-to manual that covers practices from a vast range of holistic healing and energy medicine traditions, including: The six core energy techniques that every healer should know • Energetic diagnosis practices to determine which kind of modality will be most effective for specific health issues • Setting strong and flexible energetic boundaries, with special guidance for those in the healing professions • Techniques for working with the subtle aspects of the body, emotions, and the subconscious mind • Dozens of practices for healing through the chakras, the meridians, chi, breathwork, auric fields, sacred geometry, acupressure, music, and much more As Cyndi Dale

writes, all medicine is energy medicine—which is why subtle energy practices can be used to complement and enhance any approach to healing or self-care. Presented with Cyndi Dale's thorough scholarship and clear writing style, *The Subtle Body Practice Manual* provides professionals and laypersons alike with an indispensable resource on the many varieties and applications of energetic care—so you can begin using these powerful practices in your own life.

pure vibes gifts and wellness: *The Circle* Dave Eggers, 2013-10-08 INTERNATIONAL BESTSELLER • A bestselling dystopian novel that tackles surveillance, privacy and the frightening intrusions of technology in our lives—a “compulsively readable parable for the 21st century” (Vanity Fair). When Mae Holland is hired to work for the Circle, the world’s most powerful internet company, she feels she’s been given the opportunity of a lifetime. The Circle, run out of a sprawling California campus, links users’ personal emails, social media, banking, and purchasing with their universal operating system, resulting in one online identity and a new age of civility and transparency. As Mae tours the open-plan office spaces, the towering glass dining facilities, the cozy dorms for those who spend nights at work, she is thrilled with the company’s modernity and activity. There are parties that last through the night, there are famous musicians playing on the lawn, there are athletic activities and clubs and brunches, and even an aquarium of rare fish retrieved from the Marianas Trench by the CEO. Mae can’t believe her luck, her great fortune to work for the most influential company in the world—even as life beyond the campus grows distant, even as a strange encounter with a colleague leaves her shaken, even as her role at the Circle becomes increasingly public. What begins as the captivating story of one woman’s ambition and idealism soon becomes a heart-racing novel of suspense, raising questions about memory, history, privacy, democracy, and the limits of human knowledge.

pure vibes gifts and wellness: *Sketch by Sketch* Sheila Darcey, 2022-01-04 Transform your life, process your emotions, and find joy in Sheila Darcey's *Sketch by Sketch* During a difficult time in her life, author Sheila Darcey found that the act of sketching and freestyle drawing—of giving a physical form to her thoughts, emotions and ideas—was an impactful way to process what she was feeling. One simple sketch became a daily practice and developed into a meditative and therapeutic tool that Sheila has taught and shared with thousands of people. *Sketch by Sketch* will help you create a daily sketching practice that shifts you from negative thinking and spiraling emotions into the realm of possibility. By using art to connect your left brain with your right brain, *Sketch by Sketch* will unlock your basic human need to create, express, and feel—regardless of whether or not you think of yourself as an artist. In *Sketch by Sketch*, you’ll find over 40 sketching prompts on a variety of topics from hope to stillness that will help you connect with your emotions, practice mindfulness, and negotiate change. With each drawing you'll find you are able to process your experiences in a powerful new way. Step by step, sketch by sketch, you'll find peace, creativity, and healing on the page.

pure vibes gifts and wellness: *The Art & Practice of Spiritual Herbalism* Karen M. Rose, 2022-02-08 *The Art & Practice of Spiritual Herbalism*, written by leading Black herbalist Karen Rose, addresses herbalism and medicine making from the perspective of diasporic ancestral traditions.

pure vibes gifts and wellness: *Fodor's Los Angeles* Fodor's Travel Guides, 2021-09-21 Whether you want to stroll down Hollywood’s Walk of Fame, spot celebrities in Beverly Hills, or lounge at the beach in Malibu, the local Fodor’s travel experts in Los Angeles are here to help! Fodor’s Los Angeles guidebook is packed with maps, carefully curated recommendations, and everything else you need to simplify your trip-planning process and make the most of your time. This new edition has an easy-to-read layout, fresh information, and beautiful color photos. Fodor’s Los Angeles travel guide includes: AN ILLUSTRATED ULTIMATE EXPERIENCES GUIDE to the top things to see and do MULTIPLE ITINERARIES to effectively organize your days and maximize your time MORE THAN 15 DETAILED MAPS and a FREE PULL-OUT MAP to help you navigate confidently COLOR PHOTOS throughout to spark your wanderlust! HONEST RECOMMENDATIONS FROM LOCALS on the best sights, restaurants, hotels, nightlife, shopping, performing arts,

activities, side-trips, and more PHOTO-FILLED “BEST OF” FEATURES on “Famous Film Locations”, “Best Beaches”, “Best Celebrity Hang-outs”, and more TRIP-PLANNING TOOLS AND PRACTICAL TIPS including when to go, getting around, beating the crowds, and saving time and money HISTORICAL AND CULTURAL INSIGHTS providing rich context on the local people, politics, art, architecture, cuisine, geography and more SPECIAL FEATURES on “What to Eat and Drink,” “What to Watch and Read Before You Visit,” and “Cruising the Sunset Strip” LOCAL WRITERS to help you find the under-the-radar gems UP-TO-DATE COVERAGE ON: Hollywood Walk of Fame, Sunset Strip, Downtown LA, Santa Monica, Venice Beach, Beverly Hills, Griffith Park, Disneyland, Universal Studios, Silver Lake, Malibu, and more. Planning on visiting the rest of California? Check out Fodor’s California, Fodor’s Southern California, Fodor’s San Diego, Fodor’s Northern California, Fodor’s San Francisco, and Fodor’s Napa and Sonoma. *Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical edition. ABOUT FODOR’S AUTHORS: Each Fodor’s Travel Guide is researched and written by local experts. Fodor’s has been offering expert advice for all tastes and budgets for over 80 years. For more travel inspiration, you can sign up for our travel newsletter at fodors.com/newsletter/signup, or follow us @FodorsTravel on Facebook, Instagram, and Twitter. We invite you to join our friendly community of travel experts at fodors.com/community to ask any other questions and share your experience with us!

pure vibes gifts and wellness: *Polarity Therapy Workbook* John Beaulieu, 2016-01-15 Polarity Therapy is a truly holistic health system founded by Dr. Randolph Stone, D.O., D.C., N.D. Dr. Stone believed that life was much more than chemistry and that healing was greater than freedom from symptoms. He saw life as a spiritual journey and healing as the total alignment with that journey. Dr. Stone’s understanding of the healing arts began with the study of Western medicine which included structural manipulation, nutrition, and natural therapies. He then journeyed throughout Europe and the Far East studying different healing modalities. In the Far East, he studied Ayurveda, (the traditional healing system of India), acupuncture, yoga, and meditation. In Europe, he studied homeopathy and Hermetic philosophy and visited many nature cure spas. Polarity Therapy is based on the premise that we are fields of pulsating life energy made up of specific frequencies known as the five elements: Ether, Air, Fire, Water, and Earth. Each element relates and flows in a balance of positive and negative attractions arising from a neutral center. When our thoughts, emotions, and physical body are out of alignment with the energy necessary to meet a life challenge, an energy imbalance results. These imbalances may appear as physical, mental, and emotional discomfort or pain. Polarity teaches us that this pain and discomfort is a signal for us to learn, change, and realign our lives. An ongoing and dynamic balance of life energy is our foundation for health and well-being. Polarity Therapy helps us to develop this balance by promoting the flexibility, spontaneity, creativity, and clarity necessary to meet the challenges of everyday life. Dr. Stone says, Obstacles are God’s design to make man with a spine. We must have challenges to grow spiritually. Meeting these challenges is a life-long process in which we learn to increase the depth of our understanding and awareness and apply this to every moment of our lives. A Polarity practitioner utilizes the tools of bodywork, exercise, nutrition, and verbal guidance to evaluate and balance life energy. Polarity bodywork involves gentle rocking, stretching, and pressure-sensitive touch based on energy flow. Polarity exercises are easy stretching postures combining sound, breath, and self-massage. Polarity nutrition views food as energy and develops an ongoing, ever-changing, and creative nutritional awareness rather than a rigid set of rules. Polarity verbal guidance is based on the assumption that right thinking is the cornerstone of good health. Verbal processes involve understanding and feeling our emotions, taking responsibility for our lives, and creating life-enhancing thoughts.

pure vibes gifts and wellness: *Flower School* Calvert Crary, 2020 Create the flower arrangements of your dreams to keep at home, take to the office, or display on any special occasion using the simple tips and tricks and masterful techniques taught by Executive Director and professor Calvert Crary and the master florists at Flower School New York. Flower School New York is one of

the world's premiere institutes for floral design and artistry, offering career development courses certified by the New York State Board of Education, and exclusive master class programs taught by celebrated master florists including Kiana Underwood, Remco Van Vliet, Lewis Miller, Emily Thompson, and Ingrid Carozzi. Now, for the first time, FlowerSchool Executive Director Calvert Crary is publishing a book that will make it possible for even the greenest at-home arrangers to create gorgeous, Instagram worthy bouquets. This hands-on, comprehensive guide provides readers with step-by-step instructions that cover all the most crucial aspects of flower arranging, including: How to buy the best flowers and how to get the best prices Selecting your flowers based on texture, color, and seasonality Conditioning your flowers to ensure they last as long as possible Pairing your flowers with the right vase Creating arrangements in a wide variety of styles that will work for any occasion Including advice from the school's well-respected master florists, and featuring beautiful color photographs of each unique arrangement, Flower School offers invaluable, insider tips and tricks that can only be gained through years of experience, providing readers with the fundamental tools and education they need to create homemade floral arrangements that are on par with any professional design.

pure vibes gifts and wellness: All This Could Be Different Sarah Thankam Mathews, 2023-08-01 2022 NATIONAL BOOK AWARD FINALIST ONE OF THE LOS ANGELES TIMES' TOP 5 FICTION BOOKS OF THE YEAR ONE OF TIME AND SLATE'S TOP 10 BOOKS OF THE YEAR Named one of the BEST BOOKS OF 2022 by NPR, Vogue, Vulture, BuzzFeed, Harper's Bazaar, and more "One of the buzziest, most human novels of the year...breathless, dizzying, and completely beautiful." —Vogue "Dazzling and wholly original...[written] with such mordant wit, insight, and specificity, it feels like watching a new literary star being born in real time." —Entertainment Weekly From a brilliant new voice comes an electrifying novel of a young immigrant building a life for herself—a warm, dazzling, and profound saga of queer love, friendship, work, and precarity in twenty-first century America Graduating into the long maw of an American recession, Sneha is one of the fortunate ones. She's moved to Milwaukee for an entry-level corporate job that, grueling as it may be, is the key that unlocks every door: she can pick up the tab at dinner with her new friend Tig, get her college buddy Thom hired alongside her, and send money to her parents back in India. She begins dating women—soon developing a burning crush on Marina, a beguiling and beautiful dancer who always seems just out of reach. But before long, trouble arrives. Painful secrets rear their heads; jobs go off the rails; evictions loom. Sneha struggles to be truly close and open with anybody, even as her friendships deepen, even as she throws herself headlong into a dizzying romance with Marina. It's then that Tig begins to draw up a radical solution to their problems, hoping to save them all. A beautiful and capacious novel rendered in singular, unforgettable prose, *All This Could Be Different* is a wise, tender, and riveting group portrait of young people forging love and community amidst struggle, and a moving story of one immigrant's journey to make her home in the world.

pure vibes gifts and wellness: Fodor's Southern California Fodor's Travel Guides, 2022-03-08 Whether you want to get a glimpse of the Hollywood sign, hike in Joshua Tree National Park, or visit San Diego's Gaslamp Quarter, the local Fodor's travel experts in Southern California are here to help! Fodor's Southern California guidebook is packed with maps, carefully curated recommendations, and everything else you need to simplify your trip-planning process and make the most of your time. This new edition has been fully-redesigned with an easy-to-read layout, fresh information, and beautiful color photos. Fodor's Southern California travel guide includes: AN ILLUSTRATED ULTIMATE EXPERIENCES GUIDE to the top things to see and do MULTIPLE ITINERARIES to effectively organize your days and maximize your time MORE THAN 25 DETAILED MAPS and a FREE PULL-OUT MAP to help you navigate confidently COLOR PHOTOS throughout to spark your wanderlust! HONEST RECOMMENDATIONS FROM LOCALS on the best sights, restaurants, hotels, nightlife, shopping, performing arts, activities, and more PHOTO-FILLED "BEST OF" FEATURES on "Best Beaches in San Diego," "Best Celebrity Hangouts in L.A.," and more TRIP-PLANNING TOOLS AND PRACTICAL TIPS including when to go, getting around, beating the crowds, and saving time and money HISTORICAL AND CULTURAL INSIGHTS providing rich context

on the local people, politics, art, architecture, cuisine, music, geography and more SPECIAL FEATURES on the "San Diego Zoo," "What to Eat and Drink," and "What to Watch and Read Before Your Trip" LOCAL WRITERS to help you find the under-the-radar gems UP-TO-DATE COVERAGE ON: Los Angeles, San Diego, Joshua Tree National Park, Death Valley National Park, the Pacific Coast Highway, Route 66, Big Sur, Santa Barbara, the Mojave Desert, Palm Springs, and more. Planning on visiting other destinations in the southwest? Check out Fodor's Arizona, Fodor's Las Vegas, Fodor's Utah, and Fodor's InFocus Santa Fe . *Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical edition. ABOUT FODOR'S AUTHORS : Each Fodor's Travel Guide is researched and written by local experts. Fodor's has been offering expert advice for all tastes and budgets for over 80 years. For more travel inspiration, you can sign up for our travel newsletter at fodors.com/newsletter/signup, or follow us @FodorsTravel on Facebook, Instagram, and Twitter. We invite you to join our friendly community of travel experts at fodors.com/community to ask any other questions and share your experience with us!

pure vibes gifts and wellness: Boundless Ben Greenfield, 2020-01-21 What if the ability to look, feel, and perform at peak capacity wasn't the stuff of lore but instead was within easy reach? In a perfect world, you would be able to have it all: complete optimization of mind, body, and spirit. In *Boundless*, the New York Times bestselling author of *Beyond Training* and health and fitness leader Ben Greenfield offers a first-of-its-kind blueprint for total human optimization. To catapult you down the path of maximizing cognition, mental clarity, and IQ, you will discover:

- How to rewire your skull's supercomputer (and nine ways to fix your neurotransmitters)
- The twelve best ways to heal a leaky brain
- Eight proven methods to banish stress and kiss high cortisol goodbye
- Ten foods that break your brain, and how to eat yourself smart
- How to safely utilize nootropics and smart drugs, along with eight of the best brain-boosting supplement stacks and psychedelics
- The top nutrient for brain health that you probably aren't getting enough of
- Six ways to upgrade your brain using biohacking gear, games, and tools
- How to exercise the cells of your nervous system using technology and modern science
- Easy ways to train your brain for power, speed, and longevity

The ultimate guide to optimizing your sleep, maximizing mental recovery, and stopping jet lag To ensure that you look good naked and live a long time, you will learn:

- Six ways to get quick, powerful muscles (and why bigger muscles aren't better)
- How to burn fat fast without destroying your body
- The fitness secrets of six of the fittest old people on the planet
- The best training program for maximizing muscle gain and fat loss at the same time
- One simple tactic for staying lean year-round with minimal effort
- A step-by-step system for figuring out exactly which foods to eat
- Fourteen ways to build an unstoppable immune system
- Little-known tactics, tips, and tricks for recovering from workouts with lightning speed
- The best tools for biohacking your body at home and on the road
- How to eat, train, and live for optimal symmetry and beauty (and how to raise kids with superhuman bodies and brains)

And to help you live a fulfilling and happy life, you will learn:

- Twelve techniques to heal your body using your own internal pharmacy
- What the single most powerful emotion is and how to tap into it every day
- Four of the best ways to heal your body and spirit using sounds and vibrations
- Six ways to enhance your life and longevity with love, friendships, and lasting relationships
- How to biohack the bedroom for better sex and longer orgasms, and the top libido-enhancing herbs, supplements, and strategies
- The perfect morning, afternoon, and evening routines for enhancing sleep, productivity, and overall happiness
- Twenty-eight ways to combine ancestral wisdom and modern science to enhance longevity, including the best foods, herbs, supplements, injections, medical treatments, biohacks, fasting strategies, and much more
- The four hidden variables that can make or break your mind, body, and spirit
- The exercise that will change your life forever (and how to reverse-engineer your perfect day)

Boundless guides you every step of the way to becoming an expert in what makes your brain tick, your body work, and your spirit happy. You can flip open the book to any chapter and discover research-proven, trench-tested techniques to build muscle, burn fat, live longer, have mind-blowing sex, raise robust children, and much, much more!

pure vibes gifts and wellness: Mindfulness Cards Rohan Gunatillake, 2018

pure vibes gifts and wellness: Midlife, No Crisis Lisa Levine, 2021-01-05 In this useful and lovely guidebook to midlife for women, life and health coach Lisa Levine provides easy, actionable tools to help readers let go of what's holding them back and become the best version of themselves. Packed with humor, inspirational quotes, and practical advice, *Midlife, No Crisis* encourages readers to practice self-care, cultivate positive habits, and overcome fear so that they can start living an awesome life.

pure vibes gifts and wellness: *Breastfeeding Made Simple* Nancy Mohrbacher, Kathleen Kendall-Tackett, 2010-12-01 The Definitive Guide to Breastfeeding Your Baby Breastfeeding may be natural, but it may also be more challenging than you expect. Some mothers encounter doubts and difficulties, from struggling with the first few feedings to finding a gentle and loving way to comfortably wean from the breast. This second edition of *Breastfeeding Made Simple* is an essential guide to breastfeeding that every new and expectant mom should own-a comprehensive resource that takes the mystery out of basic breastfeeding dynamics. Understanding the seven natural laws of breastfeeding will help you avoid and overcome challenges such as low milk production, breast refusal, weaning difficulties, and every other obstacle that can keep you from enjoying breastfeeding your baby. *Breastfeeding Made Simple* will help you to: Find comfortable, relaxing breastfeeding positions Establish ample milk production and a satisfying breastfeeding rhythm with your baby Overcome discomfort and mastitis Use a breast pump to express and store milk Easily transition to solid foods

pure vibes gifts and wellness: Fodor's California Fodor's Travel Guides, 2022-01-04 Whether you want to drive the Pacific Coast Highway, camp in a national park, or explore the Mojave Desert, the local Fodor's travel experts in California are here to help! Fodor's California guidebook is packed with maps, carefully curated recommendations, and everything else you need to simplify your trip-planning process and make the most of your time. This new edition has been fully-redesigned with an easy-to-read layout, fresh information, and beautiful color photos. Fodor's California travel guide includes: AN ILLUSTRATED ULTIMATE EXPERIENCES GUIDE to the top things to see and do MULTIPLE ITINERARIES to effectively organize your days and maximize your time MORE THAN 45 DETAILED MAPS and a FREE PULL-OUT MAP to help you navigate confidently COLOR PHOTOS throughout to spark your wanderlust! HONEST RECOMMENDATIONS FROM LOCALS on the best sights, restaurants, hotels, nightlife, shopping, performing arts, activities, side-trips, and more PHOTO-FILLED "BEST OF" FEATURES on "Best Celebrity Hangouts in L.A.," "Best Wineries in Napa and Sonoma," "Best Beaches in San Diego," "Best Photo Ops in San Francisco," and more TRIP-PLANNING TOOLS AND PRACTICAL TIPS including when to go, getting around, beating the crowds, and saving time and money HISTORICAL AND CULTURAL INSIGHTS providing rich context on the local people, politics, art, architecture, cuisine, music, geography and more SPECIAL FEATURES on "What to Eat and Drink," "What to Watch and Read Before You Visit," and "Wine Tasting in Napa and Sonoma" LOCAL WRITERS to help you find the under-the-radar gems UP-TO-DATE COVERAGE ON: Los Angeles, San Francisco, San Diego, Joshua Tree National Park, Death Valley National Park, Napa and Sonoma, the Pacific Coast Highway, Monterey, Route 66, Carmel, Big Sur, Santa Barbara, the Mojave Desert, Palm Springs, Sacramento, and more. Planning on spending more time in California? Check out Fodor's Los Angeles, Fodor's San Francisco, Fodor's San Diego, and Fodor's Napa & Sonoma. *Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical edition. ABOUT FODOR'S AUTHORS: Each Fodor's Travel Guide is researched and written by local experts. Fodor's has been offering expert advice for all tastes and budgets for over 80 years. For more travel inspiration, you can sign up for our travel newsletter at fodors.com/newsletter/signup, or follow us @FodorsTravel on Facebook, Instagram, and Twitter. We invite you to join our friendly community of travel experts at fodors.com/community to ask any other questions and share your experience with us!

pure vibes gifts and wellness: *Blissful Living* Ashlina Kaposta, 2016-12-16 Who wouldn't want to live in a world with a little more bliss? In today's world, technology has changed the way we

experience our lives. In Blissful Living, Ashlina Kaposta shares insightful advice for the modern woman who desires to have it all; financial abundance, radiant health and passionate love. Using the principles of Feng-Shui and other decorating secrets, you will learn how to turn your house into a sanctuary that sets you up for success in all areas of your life. Most importantly mind, body and soul.

pure vibes gifts and wellness: Harry Potter: Ravenclaw House Pride: The Official Coloring Book Insight Editions, 2021-09-28 Bursting with beautiful illustrations to color, Harry Potter: Ravenclaw: The Official Coloring Book is a must-have coloring book for members of this house and fans of the magical film series. Grab your colored pencils—it's time for coloring wizardry! Show your house pride with intricate all-new artwork of characters, iconic objects, and magical places from the Harry Potter films, all themed to house Ravenclaw. Featuring important house moments from the Sorting Ceremony, Yule Ball, feasts, and so much more, this coloring book is jam-packed with special designs and scenes every wise Ravenclaw will love. GORGEOUSLY INTRICATE: 64 pages of intricate designs, perfect for hours of coloring relaxation and creativity BELOVED CHARACTERS: Includes all-new artwork of beloved Ravenclaws, including Luna Lovegood, Cho Chang, Filius Flitwick, and more COLLECT ALL HOGWARTS HOUSES: Collect all four official Harry Potter Coloring Books: Gryffindor, Slytherin, Ravenclaw, and Hufflepuff OFFICIAL WIZARDING WORLD COLORING BOOK: Created in collaboration with the studio behind the Harry Potter films 20th ANNIVERSARY: Released to coincide with the 20th anniversary celebration of the first Harry Potter film.

pure vibes gifts and wellness: My New Roots Sarah Britton, 2015-03-31 Holistic nutritionist 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.

pure vibes gifts and wellness: I Heart My Life Emily Williams, 2019-06-04 Written by entrepreneurial phenomenon Emily Williams, I Heart My Life is a guidebook for women to change their money mindset, get clarity on what they want and start living the life of their dreams. I Heart My Life is a guide for living life in a different way to everyone else--going for your desires and no longer letting doubt, shame, insecurity or other people's judgment stop you from moving forward with that something big you know you're meant for. It brings together mindset, money beliefs, success principles, vulnerability, and real-life stories of women who have made their career and life dreams come true. Emily Williams once couldn't even get a job at Starbucks. Yet she went on to move to a new country, clear \$30k in credit card debt and build a seven-figure coaching business from scratch. Having worked for years with thousands of women around the world to release what holds them back from the success they want, Emily is now sharing all her most powerful tools to help women radically transform their lives. In this book, you'll discover how to: cultivate a success mindset and trust the intelligence within your heart become clear about what you really want--then, go after it embrace gratitude as a driver for your ambition and success get big results and handle things when they don't go as planned be consistent, persistent and confident on the path towards your dreams Whether you're dreaming of starting your own business, getting ahead in your career, or just experience more joy, adventure and fulfilment in your life, I Heart My Life will catapult you toward your greatest desires.

pure vibes gifts and wellness: Strong Mama Robin Arzón, 2022-01-11 A New York Times

bestseller! Mama and baby make one incredible team in this new picture book from New York Times bestselling author and Peloton instructor extraordinaire Robin Arzón. Before I met you, I dreamed of you. This is the story of how we first met. Ultramarathons. Bike sprints. Squats and deadlifts. Naps. Kitchen dance parties! All of it is in preparation for meeting Pequeno, the “Little One” growing in this strong mama’s belly. From first heartbeats and fluttery kicks to grinning grandparents and that first loud cry -- pregnancy might just be the biggest workout yet! But there's nothing this mom and new baby can't tackle together as a team. New York Times bestselling author and Peloton Head Instructor Robin Arzón takes readers on sweat-packed journey through motherhood in this affirming and heartwarming celebration of mothers and parents everywhere.

pure vibes gifts and wellness: The Ex Hex Erin Sterling, 2021-09-28 New York Times Bestseller Erin Sterling casts a delightful spell with a spine-tingling romance full of wishes, witches, and hexes gone wrong. “A delightful and witty take on witchy mayhem.” — Popsugar Nine years ago, Vivienne Jones nursed her broken heart like any young witch would: vodka, weepy music, bubble baths...and a curse on the horrible boyfriend. Sure, Vivi knows she shouldn’t use her magic this way, but with only an “orchard hayride” scented candle on hand, she isn’t worried it will cause him anything more than a bad hair day or two. That is until Rhys Penhallow, descendent of the town’s ancestors, breaker of hearts, and annoyingly just as gorgeous as he always was, returns to Graves Glen, Georgia. What should be a quick trip to recharge the town’s ley lines and make an appearance at the annual fall festival turns disastrously wrong. With one calamity after another striking Rhys, Vivi realizes her silly little Ex Hex may not have been so harmless after all. Suddenly, Graves Glen is under attack from murderous wind-up toys, a pissed off ghost, and a talking cat with some interesting things to say. Vivi and Rhys have to ignore their off the charts chemistry to work together to save the town and find a way to break the break-up curse before it’s too late.

pure vibes gifts and wellness: Let Go of Emotional Overeating and Love Your Food Arlene B. Englander, 2018-08-24 Let Go of Emotional Overeating and Love Your Food is for anyone who would like to eat whatever they like, yet stop just at the point of satisfaction without overeating. Written by a Columbia University trained psychotherapist and former emotional overeater, Let Go of Emotional Overeating and Love Your Food offers psychologically sound techniques for recognizing the symptoms of emotional overeating and methods for addressing it in ways that are both effective and enjoyable. Readers will learn how to become aware of the difference between eating in a healthy way and eating emotionally - neither to satisfy hunger, nor for enjoyment, but in a desperate attempt to distract oneself from painful thoughts and feelings. Diets don’t work for people who eat through their emotions. Instead, learning to recognize the stressors that lead to emotional eating and to address those tensions through other methods besides eating is the goal. When we handle stress well away from the table, we’re free to relax and really savor our food when we choose to eat. Proven techniques like Cognitive Behavioral Therapy (CBT) are presented in an innovative, easy-to-remember way. Learning to eat mindfully, for health and enjoyment, becomes the goal, and Arlene Englander walks readers through table techniques designed to make mindful eating easier, habitual, and ultimately second-nature. Allowing for both fun foods and healthy foods, Englander’s approach emphasizes eating healthfully and being aware of best practices and the behavioral objectives of coping with stress, exercising regularly, mindful eating, good nutrition and hydration, and controlling overeating situations. She addresses late-night eating, parties, vacation, and other situations where overindulging may be a risk. She concludes with a prescription that is meant to last so that readers can love their food for a lifetime.

pure vibes gifts and wellness: Bumpin' Leslie Schrock, 2019-12-17 Prepare for pregnancy, birth, and the newborn months with this award-winning “thoroughly modern guide to pregnancy” (National Parenting Product Awards). Now in a new revised and expanded second edition, Bumpin’ will radically transform your pregnancy journey from overwhelmed and confused to one of confidence. With over a decade of experience advising women’s health care and technology companies, Leslie Schrock distills cutting-edge research and practical guidance into a comprehensive pregnancy guide—from conception through pregnancy into the first months with an

infant. She also shares her own personal journey, including the curveballs she faced on the way. This second edition updates the evidence and includes even more practical advice from experts ranging from doulas, ob-gyns, midwives, therapists, prenatal trainers, nutritionists, and researchers so you can make the best decisions for your family. With a look at the science, it tackles pregnancy FAQs and topics like the truth about cleaning up your cosmetics, nutrition, exercise, and epidurals; and the practical, like putting together a baby budget and navigating work before and after birth. New sections in the fourth trimester after your baby arrives go deeper on breastfeeding and bottle feeding as well as sleep and recovery for you. Inside the second edition of *Bumpin'* you will find: -A trimester-by-trimester overview from conception through the postpartum period and return to work -How to optimize your fertile window and getting pregnant -The truth about age, fertility, and managing any issues that arise -Miscarriage and assisted reproduction treatments like IVF -Guidance on diet, substance use, and exercise before and during pregnancy -The science behind your physical changes, leaks, sweats, and every other unexpected pregnancy symptom -Managing your mental health -Understanding what happens during birth and creating your birth preferences -Advice for partners, family members, and friends supporting your pregnancy -Budgeting, finance tips, baby registry, and hospital checklists -Updated research on infant feeding and lactation Warm, funny, and non-judgmental, *Bumpin'* will leave you feeling prepared and ready to tackle anything that comes your way.

pure vibes gifts and wellness: Moon Bath Sierra Brashear, Dakota Hills, 2020-09-15 Moon Bath a luxurious guide that invites readers to immerse themselves in the healing powers of nature. This transformative book features 16 bath and shower rituals aligned with the lunar cycles and the natural rhythms of the cosmos. Organized by moon cycle—New Moon, Waxing Moon, Waning Moon, and Full Moon—each ritual includes a bath recipe featuring healing natural ingredients. • Includes affirmations and meditations • Journaling prompts promote reflection and self-discovery. • Filled with lush, nature-inspired photography Brimming with Ayurvedic wisdom and plant-based medicine, Moon Bath is a lovely companion for modern mystics, wellness enthusiasts, and anyone who wants to wash away the stresses of daily life. Bath recipes include ginger and baking soda for detoxification, cacao and rose to cultivate love, eucalyptus and bentonite clay to release negativity, and chamomile and lavender to connect to deep wisdom. • This beautiful guide to bathing rituals and bath recipes makes it easy to incorporate calming and enriching self-care practices into everyday life. • Perfect for women who love self-care, meditation, yoga, crystals, and those interested in Ayurveda • You'll love this book if you love books like *Crystal Muse: Everyday Rituals to Tune In to the Real You* by Heather Askinosie and Timmi Jandro; *The Spirit Almanac: A Modern Guide to Ancient Self-Care* by Emma Loewe and Lindsay Kellner; and *Lunar Abundance: Cultivating Joy, Peace, and Purpose Using the Phases of the Moon* by Ezzie Spencer.

pure vibes gifts and wellness: 12 Hours To Say I Love You Olivia Poulet, Laurence Dobiesz, 2022-01-01 '□ □ □ □ □ An absolute joy to read. A book for anyone who is in love, has loved or been loved' '□ □ □ □ □ Oh my gosh... It was so romantic and funny and real and relatable. I loved every page. That ending is amazing. Highly recommend' '□ □ □ □ □ This is such a beautiful love story. Such a great cast of characters. Thoroughly entertaining' _____ Can the love of a lifetime be saved in one night? Pippa Gallagher is rushed in to hospital following a traffic accident. As she lies unconscious, pictures of the past flash through her mind. The day she met Steve Gallagher, the man who would become the love of her life. The heartbreak she felt tonight as she got into her car, her eyes blurry from tears. Meanwhile Steve sits at her bedside, his eyes fixed on her face. He has no idea where his wife was going when she crashed. No clue as to why she became distracted behind the wheel. All he knows is that she is his world. And that he wasn't there when she needed him most. For the next twelve hours, Steve tells Pippa all the reasons he loves her. And Pippa tries to find her way back to him... _____ 'Witty, tender and compulsively readable' DIANA GABALDON, bestselling author of *Outlander* 'Such a brilliant, poignant and wonderfully romantic story' ISABELLE BROOM 'This novel will make you swoon' SUNDAY TELEGRAPH, STELLA 'Wonderfully romantic' KEIRA KNIGHTLEY 'Heartbreaking yet life-affirming'

HEAT magazine 'Smart, moving and fun... A cleverly conceptual love story' METRO 'A tender, poignant, unexpectedly funny and beautifully life-affirming tale about the highs and lows of life and love' CULTUREFLY 'Relatable. Funny. Glorious' DEBORAH FRANCES-WHITE 'Hilarious and heartbreaking' SARA PASCOE 'Beautifully tender' TOM ALLEN 'Captivating. I loved it' REBECCA HALL 'This drowns in love. Beautiful' SIOBHÁN MCSWEENEY Real readers adore this beautiful novel: 'Moving, poignant and so very real. Explores the beautiful, messy chaos that is falling in and staying in love' 'Oh my gosh, I can't even with this book. It was stunningly beautiful and emotive. I laughed, I cried and I felt totally heartbroken. A beautiful story that both made me hopeful and emotionally destroyed at the same time. I loved it. ☺ ☺ ☺ ☺' 'The connection between them was so real that my heart broke for them with every page, and it felt as though we've lived through their relationship alongside them. A truly heartbreakingly stunning story about love and loss, fans of If I Stay will definitely love this story ☺ ☺ ☺'

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