

songs about health and wellness

Songs About Health and Wellness: Finding Your Groove to a Healthier You

Feeling stressed? Need a little motivation to hit the gym or finally tackle that healthy eating plan? Sometimes, the best medicine isn't a pill, but a powerful melody. Music has an incredible ability to uplift, inspire, and even subtly shift our perspectives on health and wellness. This post dives deep into the world of songs about health and wellness, offering a curated list of tunes to boost your mood, motivate your workouts, and generally encourage a healthier lifestyle. We'll explore various genres and artists, offering a soundtrack for your journey towards a happier, healthier you. Get ready to add some feel-good beats to your wellness playlist!

Upbeat Anthems for Workout Motivation: Fueling Your Fitness Journey

Let's face it, sometimes the hardest part of a workout is getting started. The right music can transform a grueling session into an exhilarating experience. These songs about health and wellness are specifically designed to power your workouts:

"Stronger" by Kelly Clarkson: This empowering anthem is perfect for pushing through that final rep or mile. The lyrics resonate with the feeling of overcoming challenges and building strength, both physically and mentally.

"Till I Collapse" by Eminem ft. Nate Dogg: While intense, this track's relentless energy is ideal for high-intensity interval training (HIIT). It's all about perseverance and pushing your limits.

"Lose Yourself" by Eminem: Another classic from Eminem, this song's motivational lyrics and driving beat make it a perfect choice for focusing on your goals and achieving peak performance.

"Run the World (Girls)" by Beyoncé: Beyoncé's fierce energy and empowering message make this a go-to track for female athletes looking to dominate their workouts.

"Power" by Kanye West: This track boasts a powerful beat and inspirational lyrics that are sure to energize any workout session.

Calming Melodies for Stress Relief and Mindfulness: Finding Your Zen

While high-energy tracks are great for workouts, sometimes you need something more soothing to unwind and de-stress. These songs about health and wellness are perfect for relaxation and mindfulness practices:

"Watermark" by Enya: Enya's ethereal vocals and calming melodies create a tranquil atmosphere ideal for

meditation or simply unwinding after a long day.

"Hallelujah" by Leonard Cohen: This timeless classic offers a sense of peace and acceptance, perfect for reflecting on your journey towards wellness.

"What a Wonderful World" by Louis Armstrong: This uplifting and optimistic classic can shift your perspective and remind you of the beauty in life, fostering a sense of gratitude.

"Here Comes the Sun" by The Beatles: A classic feel-good song perfect for chasing away negative thoughts and embracing a positive outlook.

"Skinny Love" by Bon Iver: While melancholic, this song's raw emotion can be cathartic, allowing for a release of pent-up feelings and a sense of emotional healing.

Songs that Celebrate Body Positivity and Self-Love: Embracing Your Uniqueness

The journey to wellness isn't just about physical health; it's about mental and emotional well-being too.

These songs about health and wellness focus on self-acceptance, body positivity, and self-love:

"Body" by Megan Thee Stallion: This anthem celebrates body positivity and self-love, reminding listeners to embrace their unique beauty.

"Good as Hell" by Lizzo: Lizzo's infectious energy and positive message empower listeners to feel confident and comfortable in their own skin.

"Perfect" by Pink: This song challenges societal beauty standards and encourages self-acceptance, reminding us that imperfections are beautiful.

"Love Yourself" by Justin Bieber: This heartfelt ballad emphasizes the importance of self-love and acceptance, a crucial aspect of overall wellness.

"Shake It Out" by Florence + The Machine: This song encourages listeners to let go of negativity and embrace their inner strength and resilience.

Beyond the Playlist: Using Music for Holistic Wellness

The power of music extends beyond simply listening to your favorite songs. Consider these ways to integrate music into your overall wellness routine:

Create personalized playlists: Tailor your playlists to specific activities, moods, and goals. Have a "workout playlist," a "relaxation playlist," and a "morning motivation playlist."

Use music for meditation: Calming instrumental music can enhance your meditation practice, promoting relaxation and mindfulness.

Sing along!: Singing releases endorphins, boosting your mood and reducing stress. Don't be afraid to belt out your favorite tunes!

Dance it out!: Dancing is a fantastic form of exercise that can be both fun and effective. Put on your favorite upbeat tunes and let loose!

Explore different genres: Experiment with different genres of music to find what resonates with you and

helps you achieve your wellness goals.

Conclusion

Finding the right songs about health and wellness can significantly impact your overall well-being. From high-energy workout anthems to calming melodies for relaxation, music offers a powerful tool for enhancing your physical and mental health. By curating a playlist that aligns with your goals and preferences, you can create a personalized soundtrack for your journey towards a healthier, happier you. So, crank up the volume, and let the music guide you on your path to wellness!

FAQs

1. Are there any songs specifically about healthy eating? While there aren't many songs explicitly about healthy eating, many songs about self-love and positive body image indirectly support healthy eating habits by promoting self-acceptance and a positive relationship with food.
1. Can music actually improve my workout performance? Yes, research suggests that music can enhance athletic performance by improving endurance, motivation, and mood. The right tempo and rhythm can synchronize with your movements, making exercise feel easier and more enjoyable.
1. What genres of music are best for relaxation? Classical music, ambient music, and nature sounds are often cited as effective for relaxation and stress reduction. However, the best genre for you will depend on your personal preferences.
1. How can I create a personalized wellness playlist? Start by identifying your goals (workout, relaxation, etc.). Then, select songs that evoke the desired mood or energy level. Regularly update your playlist to keep it fresh and engaging.
1. Is there a difference between using music for exercise vs. meditation? Yes, for exercise, you'll want upbeat, motivating music with a strong rhythm. For meditation, slower, calming music with minimal lyrics is generally preferred to promote relaxation and focus.

songs about health and wellness: Channel Kindness: Stories of Kindness and

Community Born This Way Foundation Reporters, Lady Gaga, 2020-09-22 A New York Times Bestseller For Lady Gaga, kindness is the driving force behind everything she says and does. The quiet power of kindness can change the way we view one another, our communities, and even ourselves. She embodies this mission, and through her work, brings more kindness into our world every single day. Lady Gaga has always believed in the importance of being yourself, being kind to yourself, and being kind to others, no matter who they are or where they come from. With that sentiment in mind, she and her mother, Cynthia Germanotta, founded Born This Way Foundation, a nonprofit organization dedicated to making the world a kinder and braver place. Through the years, they've collected stories of kindness, bravery and resilience from young people all over the world, proving that kindness truly is the universal language. And now, we invite you to read these stories and follow along as each and every young author finds their voice just as Lady Gaga has found hers. Within these pages, you'll meet young changemakers who found their inner strength, who prevailed in the face of bullies, who started their own social movements, who decided to break through the mental health stigma and share how they felt, who created safe spaces for LGBTQ+ youth, and who have embraced kindness with every fiber of their being by helping others without the expectation of anything in return. In one story, you'll read about a young person with an autoimmune disease, who after being bullied at school, learned how to practice self-love and started an organization with the mission of educating others about the importance of self-love, too; and in another story, you'll meet a young person who decided to start a movement to help eliminate the stigma surrounding mental health and encouraged others to talk about their feelings openly and honestly, a reminder that kindness and mental wellness go hand in hand. Not only were we moved by these individual acts of kindness, but we were also touched by the many stories of organizations, neighborhoods, and entire communities that fully dedicated themselves to helping those in need and found new, innovative ways to make our world a kinder and braver place. Individually and collectively, these stories prove that kindness not only saves lives but builds community. Kindness is inclusion, it is pride, it is empathy, it is compassion, it is self-respect and it is the guiding light to love. Kindness is always transformational, and its never-ending ripples result in even more kind acts that can change our lives, our communities, and our world.

songs about health and wellness: You Are Healthy Todd Snow, 2021-08-23 It's never too early to learn good habits. This book gently encourages children to practice healthy behaviors, like spending time with loved ones, getting enough sleep, and eating well every day.

songs about health and wellness: Always a Song Ellen Harper, Sam Barry, 2021-01-26 Always a Song is a collection of stories from singer and songwriter Ellen Harper—folk matriarch and mother to the Grammy-winning musician Ben Harper. Harper shares vivid memories of growing up in Los Angeles through the 1960s among famous and small-town musicians, raising Ben, and the historic Folk Music Center. This beautifully written memoir includes stories of Pete Seeger, Bob Dylan, Jimi Hendrix, Joan Baez, The New Lost City Ramblers, Doc Watson, and many more. • Harper takes readers on an intimate journey through the folk music revival. • The book spans a transformational time in music, history, and American culture. • Covers historical events from the love-ins, women's rights protests, and the assassination of John F. Kennedy to the popularization of the sitar and the ukulele. • Includes full-color photo insert. Growing up, an endless stream of musicians and artists came from across the country to my family's music store. Bess Lomax Hawes, Joan Baez, Sonny Terry, and Brownie McGee—all the singers, organizers, guitar and banjo pickers and players, songwriters, painters, dancers, their husbands, wives, and children—we were all in it together. And we believed singing could change the world.—Ellen Harper Music lovers and history buffs will enjoy this rare invitation into a world of stories and song that inspired folk music today. •

A must-read for lovers of music, history, and those nostalgic for the acoustic echo of the original folk music that influenced a generation • Harper's parents opened the legendary Folk Music Center in Claremont, California, as well as the revered folk music venue The Golden Ring. • A perfect book for people who are obsessed with folk music, all things 1960s, learning about musical movements, or California history • Great for those who loved Small Town Talk: Bob Dylan, The Band, Van Morrison, Janis Joplin, Jimi Hendrix and Friends in the Wild Years of Woodstock by Barney Hoskyns; and Girls Like Us: Carole King, Joni Mitchell, Carly Simon—and the Journey of a Generation by Sheila Weller.

songs about health and wellness: *Never Broken* Jewel, 2016-09-20 "Jewel is a truth-teller...this is a book that lingers in your heart." – Brené Brown *The New York Times bestseller* New York Times bestselling poet and multi-platinum singer-songwriter Jewel explores her unconventional upbringing and extraordinary life in an inspirational memoir that covers her childhood to fame, marriage, and motherhood. When Jewel's first album, *Pieces of You*, topped the charts in 1995, her emotional voice and vulnerable performance were groundbreaking. Drawing comparisons to Joan Baez and Joni Mitchell, a singer-songwriter of her kind had not emerged in decades. Now, with more than thirty million albums sold worldwide, Jewel tells the story of her life, and the lessons learned from her experience and her music. Living on a homestead in Alaska, Jewel learned to yodel at age five, and joined her parents' entertainment act, working in hotels, honky-tonks, and biker bars. Behind a strong-willed family life with an emphasis on music and artistic talent, however, there was also instability, abuse, and trauma. At age fifteen, she moved out and tasked herself with a mission: to see if she could avoid being the kind of statistic that her past indicated for her future. Soon after, she was accepted to the prestigious Interlochen Arts Academy in Michigan, and there she began writing her own songs as a means of expressing herself and documenting her journey to find happiness. Jewel was eighteen and homeless in San Diego when a radio DJ aired a bootleg version of one of her songs and it was requested into the top-ten countdown, something unheard-of for an unsigned artist. By the time she was twenty-one, her debut had gone multiplatinum. There is much more to Jewel's story, though, one complicated by family legacies, by crippling fear and insecurity, and by the extraordinary circumstances in which she managed to flourish and find happiness despite these obstacles. Along her road of self-discovery, learning to redirect her fate, Jewel has become an iconic singer and songwriter. In *Never Broken* she reflects on how she survived, and how writing songs, poetry, and prose has saved her life many times over. She writes lyrically about the natural wonders of Alaska, about pain and loss, about the healing power of motherhood, and about discovering her own identity years after the entire world had discovered the beauty of her songs.

songs about health and wellness: *Therapeutic Songwriting* F. Baker, 2016-04-30 *Therapeutic Songwriting* provides a comprehensive examination of contemporary methods and models of songwriting as used for therapeutic purposes. It describes the environmental, sociocultural, individual, and group factors shaping practice, and how songwriting is understood and practiced within different psychological and wellbeing orientations.

songs about health and wellness: *The Wellness Revelation* Alisa Keeton, 2017-08-08 What would it take for you to make a change? Weight loss can sometimes be a very self-focused endeavor. Maybe you have struggled with your weight your entire life, riding a constant roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world and all its demands. Perhaps you just don't feel as well in your body as you do in your spirit. In *The Wellness Revelation*, certified fitness professional Alisa Keeton will challenge you to get fit with God so that He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually, we will be better equipped to love and serve others. *The Wellness Revelation* will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study, small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside out.

songs about health and wellness: Gentle Hands and Other Sing-Along Songs for Social-Emotional Learning Amadee Ricketts, 2018-12-19 Engage children with familiar songs featuring new, colorful lyrics that teach valuable social-emotional skills. La, la, la! Shake up your story time with these twelve sing-along songs based on classic tunes kids already know and love. This beautifully illustrated songbook teaches important social-emotional skills for everyday life. Favorite songs like “Frère Jacques” and “B-I-N-G-O” get turned on their heads with new, easy-to-remember lyrics offering lessons on how to manage anger, asking for help, what to do when you’re afraid, being a good friend, when to use a quiet voice, and many others! Digital content includes downloadable sheet music for all songs.

songs about health and wellness: Songs of the Humpback Whale Jodi Picoult, 2002-03-01 Jodi Picoult’s powerful novel portrays an emotionally charged marriage that changes course in one explosive moment. Sometimes finding your own voice is a matter of listening to the heart... For years, Jane Jones has lived in the shadow of her husband, renowned San Diego oceanographer Oliver Jones. But during an escalating argument, Jane turns on him with an alarming volatility. In anger and fear, Jane leaves with their teenage daughter, Rebecca, for a cross-country odyssey charted by letters from her brother Joley, guiding them to his Massachusetts apple farm, where surprising self-discoveries await. Now Oliver, an expert at tracking humpback whales across vast oceans, will search for his wife across a continent—and find a new way to see the world, his family, and himself: through her eyes.

songs about health and wellness: Music, Health, and Wellbeing Raymond MacDonald, Gunter Kreutz, Laura Mitchell, 2012-02-09 Music has a universal and timeless potential to influence how we feel, yet, only recently, have researchers begun to explore and understand the positive effects that music can have on our wellbeing. This book brings together research from a number of disciplines to explore the relationship between music, health and wellbeing.

songs about health and wellness: Find Your Path Carrie Underwood, 2020-03-03 Carrie Underwood's instant New York Times bestseller on honoring your body, fueling your soul, and getting strong—a great gift idea for fans of fitness and the megastar country singer. I want to be healthy and fit 52 weeks of the year, but that doesn't mean I have to be perfect every day. This philosophy is a year-round common-sense approach to health and fitness that involves doing your best most of the time—and by that I don't mean being naughty for three days and good for four. I mean doing your absolute best most of the time during every week, 52 weeks of the year.—Carrie Underwood Carrie Underwood believes that fitness is a lifelong journey. She wasn’t born with the toned arms and strong legs that fans know her for. Like all of us, she has to work hard every day to look the way that she does! In FIND YOUR PATH she shares her secrets with readers, with the ultimate goal of being the strongest version of themselves, and looking as good as they feel. Carrie’s book will share secrets for fitting diet and exercise into a packed routine—she’s not only a multi-Platinum singer, she’s a businesswoman and busy mom with two young children. Based on her own active lifestyle, diet, and workouts, FIND YOUR PATH is packed with meal plans, recipes, weekly workout programs, and guidelines for keeping a weekly food and workout journal. It also introduces readers to Carrie's signature Fit52 workout, which involves a deck of cards and exercises that can be done at home—and it sets her fans on a path to sustainable health and fitness for life. Fit52 begins with embracing the Pleasure Principle in eating, making healthy swaps in your favorite recipes, and embracing a long view approach to health—so that a cheat a day won't derail you. Throughout the book, Carrie shares her personal journey towards optimal health, from her passion for sports as a kid, to the pressure to look perfect and fit the mold as she launched her career after winning American Idol, to eventually discovering the importance of balance and the meaning of true health. For Carrie, being fit isn't about crash diets or a workout routine that you're going to dread. It's about healthy choices and simple meals that you can put together from the ingredients in your local grocery store, and making the time, every day, to move, to love your body, and to be the best version of yourself.

songs about health and wellness: Under My Thumb Rhian Jones, Eli Davies, Tamar Shlaim,

2017-10-17 Women write about their experiences of loving music that doesn't love them back - a feminist 'guilty pleasures'. e - a kind of feminist guilty pleasures. In the majority of mainstream writing and discussions on music, women appear purely in relation to men as muses, groupies or fangirls, with our own experiences, ideas and arguments dismissed or ignored. But this hasn't stopped generations of women from loving, being moved by and critically appreciating music, even - and sometimes especially - when we feel we shouldn't. Under My Thumb: Songs that Hate Women and the Women Who Love Them is a study of misogyny in music through the eyes of women. It brings together stories from journalists, critics, musicians and fans about artists or songs we love (or used to love) despite their questionable or troubling gender politics, and looks at how these issues interact with race, class and sexuality. As much celebration as critique, this collection explores the joys, tensions, contradictions and complexities of women loving music - however that music may feel about them. Featuring: murder ballads, country, metal, hip hop, emo, indie, Phil Spector, David Bowie, Guns N' Roses, 2Pac, the Rolling Stones, Bob Dylan, AC/DC, Elvis Costello, Jarvis Cocker, Kanye West, Swans, Eminem, Jay-Z, Taylor Swift, Combichrist and many more.

songs about health and wellness: Songwriting for Wellness Tim Cheesebrow, 2018-05-17 Mental health is on everyone's mind these days. In addition to the large spike we're seeing in diagnoses of depressive and anxiety related disorders, there's an alarming rate of teen suicide due to a number of factors: lack of access to health care, lack of resources, social change, thin social bonds, and lack of coping skills. People feel desperate. Not only the sufferers of the disease, but those who are charged to care for them; parents and school staff. People are looking for a something to help, but don't know what to do. There are mental health services available in schools, however, in order to use them the student must have a positive diagnosis for a mental or behavioral disorder. This is a time consuming and expensive process that students avoid at all costs because they don't want to be labeled as a broken human being. School officials' hands are tied, they don't have a way to screen students for mental illness. The easiest solution seems to be giving every student the tools to promote their own mental health, but which tools? How do they work? Pioneering a program to meet this need head on, the author found a way to reach students and give them the tools they need through a medium they already experience daily; music. This book is written in a popular, conversational style. It's easily accessible to those who don't know much about music, providing just enough information to get them started writing great songs without overwhelming them with heavy theory. It is a practical guide for using songwriting for personal fulfillment that backs up its assertions with research based evidence from multiple fields of study: physics, psychology, anthropology, music therapy, evolutionary biology, and the wisdom of centuries of music makers. **UNIQUE ANGLES**In this book, the author: Presents his story and how he uses songwriting to address his mental illness. Presents stories of other songwriters and students who have used songwriting for their own benefitPresents a compelling tour of the history and science behind music and it's power on the human mind and bodyTeaches basic music theoryOffers a practical guide to personal songwriting Presents exercises to work songwriting into a daily practice of wellness**READER BENEFIT**The reader will gain an understanding of the mechanics of sound and it's pathway to our brainThe reader will learn why music has an impact on our minds and bodiesThe reader will explore and be challenged by the concept of wellnessThe reader will learn how to write good songsThe reader will learn how to express themselves in a healthy wayThe reader will discover the rich inner landscape revealed to them through a deep relationship with musicThe reader will discover more of themselves and how to deal with their emotionsThe reader will be challenged to incorporate songwriting into their live

songs about health and wellness: Dolly Parton, Songteller Dolly Parton, Robert K. Oermann, 2020-11-17 Dolly Parton, Songteller: My Life in Lyrics is a landmark celebration of the remarkable life and career of a country music and pop culture legend. As told by Dolly Parton in her own inimitable words, explore the songs that have defined her journey. Illustrated throughout with previously unpublished images from Dolly Parton's personal and business archives. Mining over 60 years of songwriting, Dolly Parton highlights 175 of her songs and brings readers behind the lyrics.

• Packed with never-before-seen photographs and classic memorabilia • Explores personal stories, candid insights, and myriad memories behind the songs Dolly Parton, *Songteller: My Life in Lyrics* reveals the stories and memories that have made Dolly a beloved icon across generations, genders, and social and international boundaries. Containing rare photos and memorabilia from Parton's archives, this book is a show-stopping must-have for every Dolly Parton fan. • Learn the history behind classic Parton songs like Jolene, 9 to 5, I Will Always Love You, and more. • The perfect gift for Dolly Parton fans (everyone loves Dolly!) as well as lovers of music history and country Add it to the shelf with books like *Coat of Many Colors* by Dolly Parton, *The Beatles Anthology* by The Beatles, and *Born to Run* by Bruce Springsteen.

songs about health and wellness: The New Music Therapist's Handbook Suzanne B. Hanser, 2000-03-01 (Berklee Guide). This completely updated and revised edition reflects the latest developments in the field of music therapy. Includes an introduction to the profession, guidelines for setting up a practice, new clinical applications, and helpful case studies a must for students and professionals alike.

songs about health and wellness: Songs From the Barmy Army Paul Winslow, 2012-11-08 Everywhere England go to play Test cricket, the Barmy Army follows, giving them unstinting support and always searching for the best songs, chants and banter to help their team overcome the opposition. This hilarious book collects the best and funniest songs and chants from almost 20 years of enthusiastic backing. The book not only reveals how the chants were created, but also how the players responded to hearing their names being sung and how much it meant to them. There are also revealing interviews with some of the Barmy Army's leading songwriters, who provide a fascinating insight into what makes for a truly great chant. Sometimes, of course, the Barmy Army targeted the opposition, and 'The Mitchell Johnson Song' helped England on their way to a famous Ashes triumph in 2010-11. From the classic 'Ball and Chain' to the more recent 'Swann Will Tear You Apart', this book is an ideal way to get into the true Barmy spirit.

songs about health and wellness: Songs of America Jon Meacham, Tim McGraw, 2019-06-11 NEW YORK TIMES BESTSELLER • A celebration of American history through the music that helped to shape a nation, by Pulitzer Prize winner Jon Meacham and music superstar Tim McGraw “Jon Meacham and Tim McGraw form an irresistible duo—connecting us to music as an unsung force in our nation's history.”—Doris Kearns Goodwin Through all the years of strife and triumph, America has been shaped not just by our elected leaders and our formal politics but also by our music—by the lyrics, performers, and instrumentals that have helped to carry us through the dark days and to celebrate the bright ones. From “The Star-Spangled Banner” to “Born in the U.S.A.,” Jon Meacham and Tim McGraw take readers on a moving and insightful journey through eras in American history and the songs and performers that inspired us. Meacham chronicles our history, exploring the stories behind the songs, and Tim McGraw reflects on them as an artist and performer. Their perspectives combine to create a unique view of the role music has played in uniting and shaping a nation. Beginning with the battle hymns of the revolution, and taking us through songs from the defining events of the Civil War, the fight for women's suffrage, the two world wars, the Great Depression, the civil rights movement, the Vietnam War, and into the twenty-first century, Meacham and McGraw explore the songs that defined generations, and the cultural and political climates that produced them. Readers will discover the power of music in the lives of figures such as Harriet Tubman, Franklin Roosevelt, Eleanor Roosevelt, and Martin Luther King, Jr., and will learn more about some of our most beloved musicians and performers, including Marian Anderson, Elvis Presley, Sam Cooke, Aretha Franklin, Bob Dylan, Duke Ellington, Carole King, Bruce Springsteen, and more. *Songs of America* explores both famous songs and lesser-known ones, expanding our understanding of the scope of American music and lending deeper meaning to the historical context of such songs as “My Country, 'Tis of Thee,” “God Bless America,” “Over There,” “We Shall Overcome,” and “Blowin’ in the Wind.” As Quincy Jones says, Meacham and McGraw have “convened a concert in *Songs of America*,” one that reminds us of who we are, where we’ve been, and what we, at our best, can be.

songs about health 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

songs about health and wellness: Songs from the Deep Kelly Powell, 2020-10-27 A girl searches for a killer on an island where deadly sirens lurk just beneath the waves in this "twisty, atmospheric story that grips readers like a siren song" (Publishers Weekly, starred review). The sea holds many secrets. Moira Alexander has always been fascinated by the deadly sirens who lurk along the shores of her island town. Even though their haunting songs can lure anyone to a swift and watery grave, she gets as close to them as she can, playing her violin on the edge of the enchanted sea. When a young boy is found dead on the beach, the islanders assume that he's one of the sirens' victims. Moira isn't so sure. Certain that someone has framed the boy's death as a siren attack, Moira convinces her childhood friend, the lighthouse keeper Jude Osric, to help her find the real killer, rekindling their friendship in the process. With townspeople itching to hunt the sirens down, and their own secrets threatening to unravel their fragile new alliance, Moira and Jude must race against time to stop the killer before it's too late—for humans and sirens alike.

songs about health and wellness: Songs My Grandma Sang Michael B. Curry, 2015-06 In a conversation about his teaching and preaching style, Michael Curry notes with a laugh that hymns and songs of faith were always a part of the mix. "I learned what I believed in the songs I heard my family—especially my grandmother—sing. We sang our faith every day." Out of that strong foundation, Bishop Curry shares the music of his childhood—the songs that have grown with him to shape an adult and vibrant faith.

songs about health and wellness: Wellness, Wellplayed Jennifer Buchanan, 2021-09-09 Music is powerful. The right song at the right time can make you smile, cry, dance, or breathe a contented ah. In *Wellness, Wellplayed*, music therapist Jennifer Buchanan shows us how to develop and use music playlists with purpose, as a bridge to something deeper within ourselves—and a way to address our human need to feel, create, and connect.

songs about health and wellness: Well Sandro Galea, 2019 In a stirring and radical new treatise from one of America's most respected voices in health and medicine, *Well* examines the subtle factors that determine who gets to be healthy in the United States. Physician Sandro Galea reckons with our country's many fraught relationships—with history, money, pain, and pleasure, which are in turn augmented by factors like luck, compassion, and values—in terms of how they determine the health of those in the world's richest country. *Well* represents a radical new approach to Americans' ingrained understanding of health. It examines the forces that are not typically part of the health discussion—but should be—and is a clarion call for where the country goes from here—

songs about health and wellness: SongWorks: Singing in the education of children Peggy D. Bennett, Douglas R. Bartholomew, 1997 Elementary classroom teachers too often lack the confidence to present music to their students, because they themselves have little formal training in

this area. SONGWORKS emphasizes singing as the means to teaching music in the elementary classroom. The authors assert that everyone sings (as a family on a car trip, singing as a child, singing the national anthem at a baseball game, singing Happy Birthday), therefore this is the most natural and effective basis for teaching music, and builds confidence among future teachers.

songs about health and wellness: *Your Playlist Can Change Your Life* Galina Mindlin, Don DuRousseau, Joseph Cardillo, 2012-01-01 Unlock the power of the songs in your pocket Maybe you blast the speakers when you need to get pumped up. If that's all you do, though, you're not taking full advantage of the way music can help you. Listen to a slower track first and the one-two punch of the playlist can push you even higher. Overflowing with easy-to-use tips like these, *Your Playlist Can Change Your Life* is the first book to offer scientifically proven methods for using your favorite music to enhance your life. You'll discover how you can use the tunes you love to: •Relieve anxiety •Increase your alertness •Feel happier •Organize your brain •Sharpen your memory •Improve your mood •Live creatively •Enhance your ability to fight off stress, insomnia, depression, and even addiction Teaching readers how to customize playlists for a feel-good prescription that has no side effects, *Your Playlist Can Change Your Life* offers a natural way to a better you simply by listening. GALINA MINDLIN, MD, PHD, is an assistant professor of psychiatry at Columbia University, founder of Brain Music Therapy (BMT) in the United States, and clinical and executive director of the BMT Center, NYC. DON DUROUSSEAU, MBA, is a cognitive neuroscientist. He is the founder and chief executive officer of Human Bionics, LLC, and executive director of Peak Neurotraining Solutions, Inc. JOSEPH CARDILLO, PHD, is the author of *Be Like Water*, among other books, and has taught at various universities.

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confirms the importance of singing in optimum health. A largely untapped resource in the health care professions, the singing voice offers rewards that are closer than ever to being fully quantified by advances in neuroscience and psychology. For music, pre-med, bioethics, and medical humanities students, this book introduces the types of ongoing research that connect behaviour and brain function with the musical voice.

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