

the gospel of wellness

The Gospel of Wellness: Finding Your Path to a Healthier, Happier You

Are you tired of the endless cycle of fad diets and fleeting fitness trends? Do you yearn for a deeper, more sustainable approach to wellness that goes beyond fleeting results? Then you've come to the right place. This isn't just another article about quick fixes; this is about uncovering the Gospel of Wellness - a holistic philosophy that guides you toward lasting well-being, encompassing mind, body, and spirit. This comprehensive guide will explore the core tenets of this philosophy, offering actionable steps you can integrate into your life today. We'll dive into practical strategies, debunk common wellness myths, and empower you to craft your own personalized path towards a truly fulfilling and healthy life.

I. Understanding the Core Tenets of the Gospel of Wellness

The Gospel of Wellness isn't about rigid rules or restrictive diets. Instead, it's a compassionate, personalized journey focusing on self-discovery and mindful choices. At its core are several interconnected principles:

Self-Compassion: The foundation of any wellness journey is self-acceptance and forgiveness. Stop striving for unrealistic perfection. Acknowledge your imperfections, celebrate your strengths, and treat yourself with the same kindness you'd offer a friend. This self-compassion allows you to approach challenges with resilience and grace.

Mindful Movement: This isn't about grueling workouts; it's about finding joyful movement that nourishes your body and soul. Whether it's yoga, dancing, hiking, or simply a daily walk, prioritize activities you genuinely enjoy. The goal is to cultivate a positive relationship with your body, not to punish it.

Nourishing Nutrition: Forget restrictive diets. The Gospel of Wellness emphasizes mindful eating, focusing on whole, unprocessed foods that nourish your body. Listen to your hunger cues, savor your meals, and appreciate the fuel your food provides. Experiment with different cuisines and find what resonates with your body and taste buds.

Restorative Sleep: Sleep isn't a luxury; it's a fundamental pillar of health. Aim for 7-9 hours of quality sleep each night. Create a relaxing bedtime routine, prioritize darkness and quiet, and invest in a comfortable sleep environment. Prioritizing sleep dramatically impacts your physical and mental well-being.

Mindful Connection: Cultivate meaningful relationships with loved ones, nurture your spiritual life (however you define it), and engage in activities that bring you joy and fulfillment. Strong social connections and spiritual practices are crucial for overall well-being.

Stress Management: Chronic stress can wreak havoc on your health. The Gospel

of Wellness encourages proactive stress management through techniques like meditation, deep breathing exercises, spending time in nature, or engaging in hobbies you love.

II. Debunking Wellness Myths: Separating Fact from Fiction

The wellness industry is saturated with misleading information. Let's address some common myths:

Myth 1: You need to spend hours at the gym: Effective exercise doesn't require hours of intense training. Short bursts of high-intensity interval training (HIIT) or consistent moderate-intensity exercise are equally effective.

Myth 2: Detox teas and cleanses are necessary: Your body has its own incredible detoxification system. These products often offer minimal benefits and can even be harmful.

Myth 3: Weight loss is the ultimate measure of wellness: A healthy weight is important, but it's just one piece of the puzzle. True wellness encompasses physical, mental, and emotional well-being.

Myth 4: You need expensive supplements: A balanced diet usually provides all the necessary nutrients. Before taking supplements, consult a healthcare professional.

Myth 5: Wellness is a one-size-fits-all approach: There's no single path to wellness. What works for one person might not work for another. Experiment, discover what resonates with you, and create a personalized plan.

III. Creating Your Personalized Gospel of Wellness

The Gospel of Wellness is a deeply personal journey. Here's how to craft your own unique path:

1. Self-Assessment: Reflect on your current lifestyle. What areas need improvement? Where do you feel strong?

1. Set Realistic Goals: Start with small, achievable goals, gradually building up to more challenging ones. Celebrate your successes along the way.

1. Prioritize Self-Care: Schedule time for activities that nourish your mind, body, and spirit. This might include meditation, yoga, spending time in nature, or pursuing hobbies.

1. Seek Support: Connect with like-minded individuals, join a wellness

group, or work with a healthcare professional to support your journey.

1. Embrace Imperfection: There will be setbacks. Don't get discouraged. Learn from your mistakes, and keep moving forward.

IV. Sustaining Your Wellness Journey: Making it a Lifestyle

The Gospel of Wellness isn't a temporary fix; it's a lifelong commitment. To make it sustainable:

Build healthy habits gradually: Don't try to change everything at once. Focus on incorporating one or two new habits at a time.

Find an accountability partner: Share your goals with a friend or family member who will support and encourage you.

Track your progress: Keep a journal or use a fitness tracker to monitor your progress and celebrate your achievements.

Be flexible and adaptable: Life throws curveballs. Be prepared to adjust your plan as needed.

Celebrate your wins, big and small: Acknowledge your progress and reward yourself for your efforts.

Conclusion

The Gospel of Wellness is not a religion; it's a philosophy of life—a compassionate and personalized journey toward a healthier, happier you. It emphasizes self-compassion, mindful choices, and a holistic approach to well-being. By understanding its core tenets, debunking common myths, and creating a personalized plan, you can embark on a transformative journey towards lasting well-being. Remember, it's a marathon, not a sprint. Be patient, kind to yourself, and enjoy the process. Your journey to a healthier, happier you starts now.

FAQs

1. Is the Gospel of Wellness expensive? No, many aspects of the Gospel of Wellness are free or low-cost, such as mindful movement (walking, yoga at home), mindful eating (focusing on affordable whole foods), and stress management techniques (meditation apps, deep breathing exercises).
1. How long does it take to see results? The timeline varies depending on individual goals and consistency. You might see improvements in energy

levels and mood relatively quickly, while significant weight loss or other major changes take longer.

1. What if I slip up? Setbacks are a normal part of the process. Don't beat yourself up; learn from your mistakes, adjust your plan, and get back on track.

1. Do I need a personal trainer or nutritionist? While not essential, professional guidance can be beneficial, especially if you have specific health concerns or need personalized support.

1. Can the Gospel of Wellness help with mental health conditions? While not a replacement for professional mental healthcare, the principles of the Gospel of Wellness – particularly self-compassion, stress management, and mindful connection – can be valuable complements to therapy and other treatments. Always consult with a mental health professional for any concerns.

the gospel of wellness: *The Gospel of Wellness* Rina Raphael, 2022-09-20 “Next-level revelatory. —Sarah Knight, New York Times bestselling author of *The Life-Changing Magic of Not Giving a F*ck* “Excellent...Rina really knows her shit...I'm so thankful for this book.” —Jameela Jamil, actress and host of *I Weigh* Journalist Rina Raphael looks at the explosion of the wellness industry: how it stems from legitimate complaints, how seductive marketing targets hopeful consumers—and why women are opening up their wallets like never before. Wellness promises women the one thing they desperately desire: control. Women are pursuing their health like never before. Whether it's juicing, biohacking, clutching crystals, or sipping collagen, today there is something for everyone, as the wellness industry has grown from modest roots into a \$4.4 trillion entity and a full-blown movement promising health and vitality in the most fashionable package. But why suddenly are we all feeling so unwell? The truth is that deep within the underbelly of self-care—hidden beneath layers of clever marketing—wellness beckons with a far stronger, more seductive message than health alone. It promises women the one thing they desperately desire: control. Vividly told and deeply reported, *The Gospel of Wellness* reveals how this obsession is a direct result of women feeling dismissed, mistreated, and overburdened. Women are told they can manage the chaos ruling their life by following a laid-out plan: eat right, exercise, meditate, then buy or do all this stuff. And while wellness may have sprung from good intentions, we are now relentlessly flooded with exploitative offerings, questionable ideas, and a mounting pressure to stay devoted to the divine doctrine of wellness. What happens when the cure becomes as bad as the disease? With a critical eye, humor, and empathy, wellness industry journalist Rina Raphael examines how women have been led down a kale-covered path promising nothing short of salvation. She knows: Raphael was once a disciple herself—trying everything from “clean eating” to electric shock workouts—until her own awakening to the troubling consequences. Balancing the good with the bad, *The Gospel of Wellness* is a clear-eyed exploration of what wellness can actually offer us, knocking down the false idols and commandments that have taken hold and ultimately showing how we might shape a better future for

the movement—and for our well-being.

the gospel of 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.

the gospel of wellness: Who Is Wellness For? Fariha Roisin, 2022-06-14 The multi-disciplinary artist and author of *Like a Bird* and *How to Cure a Ghost* explores the commodification and appropriation of wellness through the lens of social justice, providing resources to help anyone participate in self-care, regardless of race, identity, socioeconomic status or able-bodiedness. Growing up in Australia, Fariha Róisín, a Bangladeshi Muslim, struggled to fit in. In attempts to assimilate, she distanced herself from her South Asian heritage and identity. Years later, living in the United States, she realized that the customs, practices, and even food of her native culture that had once made her different—everything from ashwagandha to prayer—were now being homogenized and marketed for good health, often at a premium by white people to white people. In this thought-provoking book, part memoir, part journalistic investigation, the acclaimed writer and poet explores the way in which the progressive health industry has appropriated and commodified global healing traditions. She reveals how wellness culture has become a luxury good built on the wisdom of Black, brown, and Indigenous people—while ignoring and excluding them. *Who Is Wellness For?* is divided into four sections, beginning with *The Mind*, in which Fariha examines the art of meditation and the importance of intuition. In part two, *The Body*, she investigates the physiology of trauma, detailing her own journey with fatphobia and gender dysmorphia, as well as her own chronic illness. In part three, *Self-Care*, she argues against the self-care industrial complex but cautions us against abandoning care completely and offers practical advice. She ends with *Justice*, arguing that if we truly want to be well, we must be invested in everyone's well being and shift toward nurturance culture. Deeply intimate and revelatory, *Who Is Wellness For?* forces us to confront the imbalance in health and healing and carves a path towards self-care that is inclusionary for all.

the gospel of wellness: Motivated to Wellness First Place 4 Health, 2012-01-26 Good health doesn't start with healthy eating and regular exercise. The balanced life so many people long for—which includes good nutrition and physical fitness —begins with a change of heart and a transformed mind. *Motivated to Wellness*, an all-new Bible study from First Place 4 Health, invites members and participants to discover hope and motivation that will sustain them through a lifetime of fitness and good health.

the gospel of wellness: The Wellness Project Phoebe Lapine, 2017-05-16 For those battling autoimmune disease or thyroid conditions—or just seeking healthy life balance—the voice behind the popular blog *Feed Me* Phoebe shares her yearlong investigation of what truly made her well. After she was diagnosed with an autoimmune disease in her early twenties, Phoebe Lapine felt overwhelmed by her doctor's strict protocols and confused when they directly conflicted with information on the bestseller list. After experiencing mixed results and a life of deprivation that seemed unsustainable at best, she adopted 12 of her own wellness directives—including eliminating sugar, switching to all-natural beauty products, and getting in touch with her spiritual side—to find out which lifestyle changes truly impacted her health for the better. *The Wellness Project* is the

insightful and hilarious result of that year of exploration—part memoir and part health and wellness primer (complete with 20 healthy recipes), it's a must-read not just for those suffering from autoimmune disease, but for anyone looking for simple ways to improve their health without sacrificing life's pleasures.

the gospel of wellness: *The 22 Non-Negotiable Laws of Wellness* Greg Anderson, 2012-10-30 Everything we think, say, feel, and do has a direct impact on our physical and emotional health. And yet, we overlook this fundamental truth every day. A solution exists. The 22 Non-Negotiable Laws of Wellness advocates a holistic no-nonsense approach to health and well-being that is keenly sensitive to all facets of body, mind, and spirit. These twenty-two keys provide the definitive toolkit for achieving your own high-level wellness.

the gospel of wellness: Honoring God With Your Body R Price Futrell, 2021-02-25 Health is not valued till sickness comes. Thomas Fuller We weren't created by God to malfunction and break down but rather to operate at maximum efficiency. Living a life with Sickness and Disease was not the intended norm. But mankind has a way of messing up the best of plans so God laid out numerous admonitions, concepts, clues, commands, and examples for us to follow to preserve and protect our health. Most just haven't spent much time looking at what He told us, and it appears that we as a people, once again, are suffering as a result of inattention and neglect. But the people of God know how to bounce back!! Come take a look at what He said for your benefit and physical protection. It will likely be one of the most important studies you've ever engaged in. Before you can honor God with your body, you need to know-how. Then it becomes a choice where Consequences are rarely the result of Coincidence.

the gospel of wellness: *Well, Girl* Jami Amerine, 2020-08-01 If you're skinny, fat, short, tall, or somewhere in between. . . If you've ever thought that losing weight would lead to happiness. . . If you've ever avoided a mirror because you didn't want to see your reflection. . . If you've found Jesus or you're still searching. . . Well, Girl, You've Come to the Right Place. *** You'll find a sassy, funny, authentic, and encouraging friend in master word weaver Jami Amerine, as she comes alongside you to share God's overwhelming grace and patience in an inside-out journey to wellness. She'll introduce you to a heavenly Father who adores you, right where you are. And she'll let you have a peek into the insane ride of her life that led her to complete freedom after years of hating herself—while she was completely and utterly adored by Jesus. This transformational read will set you free. Hilarious, raw, and somehow poetic, *Well, Girl* offers scriptural truths, honest and thought-provoking ideas about wellness, and an in-depth look at a life free from culture's lies—with increased self-worth, better overall health, and more confidence in your physical appearance.

the gospel of wellness: Natural Causes Barbara Ehrenreich, 2018-04-10 From the celebrated author of *Nickel and Dimed*, Barbara Ehrenreich explores how we are killing ourselves to live longer, not better. A razor-sharp polemic which offers an entirely new understanding of our bodies, ourselves, and our place in the universe, *Natural Causes* describes how we over-prepare and worry way too much about what is inevitable. One by one, Ehrenreich topples the shibboleths that guide our attempts to live a long, healthy life -- from the importance of preventive medical screenings to the concepts of wellness and mindfulness, from dietary fads to fitness culture. But *Natural Causes* goes deeper -- into the fundamental unreliability of our bodies and even our mind-bodies, to use the fashionable term. Starting with the mysterious and seldom-acknowledged tendency of our own immune cells to promote deadly cancers, Ehrenreich looks into the cellular basis of aging, and shows how little control we actually have over it. We tend to believe we have agency over our bodies, our minds, and even over the manner of our deaths. But the latest science shows that the microscopic subunits of our bodies make their own decisions, and not always in our favor. We may buy expensive anti-aging products or cosmetic surgery, get preventive screenings and eat more kale, or throw ourselves into meditation and spirituality. But all these things offer only the illusion of control. How to live well, even joyously, while accepting our mortality -- that is the vitally important philosophical challenge of this book. Drawing on varied sources, from personal experience and sociological trends to pop culture and current scientific literature, *Natural Causes* examines the ways in which we

obsess over death, our bodies, and our health. Both funny and caustic, Ehrenreich then tackles the seemingly unsolvable problem of how we might better prepare ourselves for the end -- while still reveling in the lives that remain to us.

the gospel of wellness: *Good Health, Good Life* Joyce Meyer, 2014-12-02 Meeting the demands of your busy life may leave little time for you to focus on maintaining your personal well-being. But it is important to remember that each part of you-mind, body, and emotions-serves a purpose in God's exciting plan for your future. Embracing a healthier lifestyle will help you fully experience all the good things He has in store for you. Joyce Meyer, #1 New York Times bestselling author, understands that modern life is hectic and has created a practical plan for achieving good health, one day at a time. Her easy-to-use 12-Key Plan for Good Health will help you develop life-changing habits for a healthier lifestyle, no matter what your current level of health. By following her simple, yet effective tips on eating, exercise, rest, and stress management, you will unlock a new level of well-being, empowering you to live the fulfilling life you were meant to lead. Derived from material previously published in Look Great, Feel Great.

the gospel of wellness: *Radiant Wellness* Mark R. Pitstick, 2008 Pitstick teaches seven keys to looking, feeling, and being one's very best--no matter what current circumstances may be.

the gospel of wellness: *Simple Ideas for Healthy Living* First Place 4 Health, 2008-07-01 Simple Ideas for Healthy Living contains health tips and health instruction sheets. It's divided into the four areas: spirit, mind, emotions, and body. It also addresses various health topics for individual instruction and discussion in group sessions.

the gospel of wellness: *Pursuing Health in an Anxious Age* Bob Cutillo, MD, 2016-09-14 A Redeemed and Renewed Vision of Health Despite all the care available to us, our society is more concerned about health than ever. Increased technology and access to health care give us the illusion of control but can never deliver us from the limitations of our bodies. But what if our health is a gift to nurture, rather than a possession to protect? Drawing from decades of medical experience in many different contexts, Dr. Bob Cutillo helps us cultivate a biblical understanding of the relationship between faith and health in the modern age, reorienting us to a wiser pursuit of health for the good of all. Weaving in his own story of serving the most vulnerable, he leads us to a bigger view of health care and a hope that is more secure than our physical wellness—hope with the power to transform our communities.

the gospel of wellness: *Drawn to the Gospels* Jay Sidebotham, 2020-07-17 Each week brings a lighthearted opportunity to remember that humor and the gospel are not mutually exclusive. The Drawn to the Gospels series covers all of the Sundays in the lectionary year, as well as special days such as Christmas, Epiphany, Ash Wednesday, and Ascension Day. Each entry contains a cartoon illustration of the gospel, a short paragraph of introduction, and some engaging questions. The cartoons are scaled so they can be reproduced for bulletins, inserts, or even posters, bringing weekly gospel readings to life. These amusing and original reflections deepen scriptural literacy and engagement among members of the Episcopal Church, including youth groups, and will inspire some fun in the process.

the gospel of wellness: *Cosmic Health* Jennifer Racioppi, 2021-01-12 From a renowned astrologer and integrative health practitioner, this life-changing (Colette Baron-Reid) guide incorporates astrology, integrative wellness, and positive psychology tools to help you achieve health, happiness, and a sense of purpose. There's much more to astrology than weekly horoscopes, personality types, and predictions for the future. For astrologer and transformational coach Jennifer Racioppi and her clients, it is a guide to living in sync with the natural rhythms of the universe to achieve optimal health and astonishing success. Cosmic Health provides a groundbreaking cross-disciplinary approach to cultivating physical, emotional, mental, and spiritual well-being. By honoring your individuality, your role in the universe, nature, and the seasonality of life, you will be armed with the knowledge—and magic—you need to cultivate uncompromising health. Inside this beautifully illustrated book, you'll learn to: Open yourself up to the big-picture patterns that influence you—the daily, seasonal, and monthly cycles that govern your biology—and leverage those

patterns for conscious action, growth, success, and a thriving life. Decode the planets and their cycles to get a precise blueprint of your evolving emotional, physical, and spiritual health needs—like how to exercise for vitality, cultivate your purpose, tackle obstacles, and skillfully care for your emotional needs. Support your specific astrological makeup and goals with healing rituals that serve as sacred medicine, enriching your spiritual connections. Develop a rock-solid understanding of the connection between astrology, health, and evidence-based personal-development practices so you can nurture your resilience, elevate your well-being, and realize your heart's desires. Learn to view health and life challenges as a threshold to self-actualization. Put your intuition and self-knowledge at the heart of your quest for health. Join the thousands of others who have used this body of work to transform their lives into fulfilling and multidimensional reflections of their Cosmic Health.

the gospel of wellness: The Gospel of Mary Philip Freeman, 2017-09-05 A young Irish nun finds herself the guardian of a mysterious manuscript claiming to be the lost gospel of Mary, when she realizes that church authorities are willing to kill to get their hands on it . . . An old and dying nun has turned up at Deirdre's monastery in Ireland with an ancient manuscript on a papyrus roll. When Deirdre reads the first line, she realizes it claims to be a previously unknown gospel written by Mary, the mother of Jesus. The church authorities in Rome have been seeking to destroy this gospel for centuries, claiming it is a forgery that threatens the very foundations of the faith. Deirdre begins to translate the gospel, but when a delegate of the pope arrives in Kildare searching for the text, she must set out across Ireland seeking safety as the church and its henchmen are hot on her trail. What does the gospel say? And why is the church so afraid of it?

the gospel of wellness: Anti-Diet Christy Harrison, 2019-12-24 Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the Food Psych podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In *Anti-Diet*, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat perfectly actually helps to improve people's health—no matter their size. Drawing on scientific research, personal experience, and stories from patients and colleagues, *Anti-Diet* provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

the gospel of wellness: Veritas Ariel Sabar, 2020-08-11 From the National Book Critics Circle Award-winning author comes the gripping true story of a sensational religious forgery and the scandal that shook Harvard. In 2012, Dr. Karen King, a star religion professor at Harvard, announced a breathtaking discovery just steps from the Vatican: she'd found an ancient scrap of papyrus in which Jesus calls Mary Magdalene "my wife." The mysterious manuscript, which King provocatively titled "*The Gospel of Jesus's Wife*," had the power to topple the Roman Catholic Church. It threatened not just the all-male priesthood, but centuries of sacred teachings on marriage, sex, and women's leadership, much of it premised on the hallowed tradition of a celibate Jesus. Award-winning journalist Ariel Sabar covered King's announcement in Rome but left with a question that no one seemed able to answer: Where in the world did this history-making papyrus come from? Sabar's dogged sleuthing led from the halls of Harvard Divinity School to the former

headquarters of the East German Stasi before landing on the trail of a Florida man with an unbelievable past. Could a motorcycle-riding pornographer with a fake Egyptology degree and a prophetess wife have set in motion one of the greatest hoaxes of the century? A propulsive tale laced with twists and trapdoors, *Veritas* is an exhilarating, globe-straddling detective story about an Ivy League historian and a college dropout—and how they worked together to pass off an audacious forgery as a long-lost piece of the Bible.

the gospel of wellness: Catastrophic Care David Goldhill, 2013-01-08 A visionary investigation that will change the way we think about health care: how and why it is failing, why expanding coverage will actually make things worse, and how our health care can be transformed into a transparent, affordable, successful system. In 2007, David Goldhill's father died from infections acquired in a hospital, one of more than two hundred thousand avoidable deaths per year caused by medical error. The bill was enormous—and Medicare paid it. These circumstances left Goldhill angry and determined to understand how world-class technology and personnel could coexist with such carelessness—and how a business that failed so miserably could be paid in full. *Catastrophic Care* is the eye-opening result. Blending personal anecdotes and extensive research, Goldhill presents us with cogent, biting analysis that challenges the basic preconceptions that have shaped our thinking for decades. Contrasting the Island of health care with the Mainland of our economy, he demonstrates that high costs, excess medicine, terrible service, and medical error are the inevitable consequences of our insurance-based system. He explains why policy efforts to fix these problems have invariably produced perverse results, and how the new Affordable Care Act is more likely to deepen than to solve these issues. Goldhill steps outside the incremental and wonkish debates to question the conventional wisdom blinding us to more fundamental issues. He proposes a comprehensive new way, where the customer (the patient) is first—a system focused on health and maintaining it, a system strong and vibrant enough for our future. If you think health care is interesting only to institutes and politicians, think again: *Catastrophic Care* is surprising, engaging, and brimming with insights born of questions nobody has thought to ask. Above all it is a book of new ideas that can transform the way we understand a subject we often take for granted.

the gospel of wellness: Ragged Gretchen Ronnevik, Elyse Fitzpatrick, 2021-05-11 When we mistake spiritual disciplines for to-dos, time slots on our schedule, or Instagram-able moments, we miss the benefits of Christ's continual and constant work for us. In *Ragged*, Gretchen Ronnevik aims to reclaim spiritual disciplines as good gifts given by our good Father instead of heavy burdens of performance carried by the Christian. Only when we recognize our failures to maintain God's commands do we also realize the benefit of our dependence on his promises. Gretchen uses this distinction on law and gospel, presented throughout Scripture, to guide readers through spiritual disciplines including prayer, meditation, Scripture reading, and discipleship among others. Despite our best efforts, the good news is that spiritual disciplines have less to do with what we bring before God and more about who Christ is for us, not only as the author but also as the perfecter of our faith.

the gospel of wellness: How to Cure a Ghost Fariha Róisín, 2019-09-24 A poetry compilation recounting a woman's journey from self-loathing to self-acceptance, confusion to clarity, and bitterness to forgiveness. Following in the footsteps of such category killers as *Milk and Honey* and *Whiskey Words & a Shovel*, Fariha Róisín's poetry book is a collection of her thoughts as a young, queer, Muslim femme navigating the difficulties of her intersectionality. Simultaneously, this compilation unpacks the contentious relationship that exists between Róisín and her mother, her platonic and romantic heartbreaks, and the cognitive dissonance felt as a result of being so divided among her broad spectrum of identities.

the gospel of wellness: The Witch's Guide to Wellness Krystle L. Jordan, 2022-03-08 Explore natural healing, tune into your body's needs, and use magic to create a joyful, healthy lifestyle with this essential guide to wellness for your witchcraft practice. Magic meets healthy living in this guidebook to help you become a healthier version of yourself. From crystal healing to moon cycles to other natural remedies, you'll learn everything you need to know to strengthen, treat, and support your body and spirit—all while using your witchcraft skills. In *The Witch's Guide to*

Wellness, you will bring your spiritual practice into the practical world with spells, potions, and powerful activities. You will be able to treat common ailments, understand your body's cycle, and develop a positive relationship with your mind and body. You'll find remedies like: -A hydration ritual to help you detoxify your body -A magical herb jar that will alleviate worry -A grounding ritual for spiritual balance -And much more! The Witch's Guide to Wellness shows you just how easy it is to connect with yourself, listen in to what your body needs, and add a little magic to make sure you're living your healthiest life.

the gospel of wellness: Shattered Dreams Larry Crabb, 2012-06-13 Using the Biblical story of Naomi, Dr. Larry Crabb shows you how to look through life's tragedies to see the lavish blessings God has for you in Shattered Dreams. "Shattered dreams," writes Dr. Larry Crabb, "are never random. They are always a piece in a larger puzzle, a chapter in a larger story. The Holy Spirit uses the pain of shattered dreams to help us discover our desire for God, to help us begin dreaming the highest dream." To help you understand this neglected truth in the deepest and most helpful way, author and counselor Larry Crabb has written a wise, hopeful, honest, and realistic examination of life's difficulties and tragedies. He wraps these insights around the bold story of Naomi in the Bible's book of Ruth. As Crabb retells and illuminates this sometimes disturbing and often profoundly touching story, we are shown how God stripped Naomi of happiness in order to prepare her for joy. And we gain an unforgettable picture of how God uses shattered dreams to release better dreams and a more fulfilling life for those He loves. Shattered dreams have the power to change our lives for good. Join Larry Crabb on a life-changing adventure to encounter God in the midst of life's most difficult times, and learn to live beyond your Shattered Dreams.

the gospel of wellness: *The Gospel of Wealth and Other Timely Essays* Andrew Carnegie, 1901

the gospel of wellness: My Body Is Not a Prayer Request Amy Kenny, 2022-05-17 With humorous prose and wry wit, Kenny makes a convincing case for all Christians to do more to meet access needs and embrace disabilities as part of God's kingdom. . . . Inclusivity-minded Christians will cheer the lessons laid out here.--Publishers Weekly Much of the church has forgotten that we worship a disabled God whose wounds survived resurrection, says Amy Kenny. It is time for the church to start treating disabled people as full members of the body of Christ who have much more to offer than a miraculous cure narrative and to learn from their embodied experiences. Written by a disabled Christian, this book shows that the church is missing out on the prophetic witness and blessing of disability. Kenny reflects on her experiences inside the church to expose unintentional ableism and cast a new vision for Christian communities to engage disability justice. She shows that until we cultivate church spaces where people with disabilities can fully belong, flourish, and lead, we are not valuing the diverse members of the body of Christ. Offering a unique blend of personal storytelling, fresh and compelling writing, biblical exegesis, and practical application, this book invites readers to participate in disability justice and create a more inclusive community in church and parachurch spaces. Engaging content such as reflection questions and top-ten lists are included.

the gospel of wellness: The Eden Diet Rita M. Hancock, 2009-12-22 In The Eden Diet, Dr. Rita Hancock finally reveals the amazingly simple answer for weight control: it's the hunger pangs God gave you in the beginning. Dr. Hancock draws upon her years of Ivy League nutrition training, studies of obesity psychology, and personal success overcoming childhood-onset obesity to help you lose weight and keep it off ... permanently. What if you could eat whatever you wanted and still lose weight? And what if losing weight was as simple as only eating when you are hungry and then eating smaller amounts---of your favorite foods? Dr. Hancock explains why traditional, restrictive diets cause you to fail at weight control 80% of the time. They cause you to block out your God-given internal sensations of hunger and satiety and eat according to unnatural, restrictive, human rules. That is not how God the Creator designed you to eat. You were made to eat when you feel hungry---not to ignore those signals and eat for emotional or intellectual reasons. Most importantly, Dr. Hancock explains how to fight the temptation to eat when your body doesn't actually need food. (The Eden Diet is no way affiliated with or endorsed by Eden Foods Inc)

the gospel of wellness: The Gospel of Hip Hop KRS-One, 2013-04-16 The Gospel of Hip Hop:

First Instrument, the first book from the I Am Hip Hop, is the philosophical masterwork of KRS ONE. Set in the format of the Christian Bible, this 800-plus-page opus is a life-guide manual for members of Hip Hop Kulture that combines classic philosophy with faith and practical knowledge for a fascinating, in-depth exploration of Hip Hop as a life path. Known as “The Teacha,” KRS ONE developed his unique outlook as a homeless teen in Brooklyn, New York, engaging his philosophy of self-creation to become one of the most respected emcees in Hip Hop history. Respected as Hip Hop’s true steward, KRS ONE painstakingly details the development of the culture and the ways in which we, as “Hiphoppas,” can and should preserve its future. The Teacha also discusses the origination of Hip Hop Kulture and relays specific instances in history wherein one can discover the same spirit and ideas that are at the core of Hip Hop’s current manifestation. He explains Hip Hop down to the actual meaning and linguistic history of the words “hip” and “hop,” and describes the ways in which Hiphoppas can change their current circumstances to create a future that incorporates Health, Love, Awareness, and Wealth (H-LAW). Committed to fervently promoting self-reliance, dedicated study, peace, unity, and truth, The Teacha has drawn both criticism and worship from within and from outside of Hip Hop Kulture. In this beautifully written, inspiring book, KRS ONE shines the light of truth, from his own empirical research over a 14-year period, into the fascinating world of Hip Hop.

the gospel of wellness: *The Gospel of Thomas* John Dart, Ray Riegert, 2000-09-29 From pre-New Testament texts comes a true picture of Jesus as savior, sage, and common man--allowing readers to see an image of Jesus unadulterated by 2,000 years of myth and interpretation. Photos & maps.

the gospel of wellness: Unplugged Brian Mackenzie, Andy Galpin, Phil White, 2017-07-11 We're looking at our wrists not only to check the time, but also to see how much we've moved, monitor our heart rate, and see how we're stacking up against yesterday's tallies. By 2020, the global market for fitness-focused apps and devices is expected to grow to \$30 billion. The authors believe we are turning rich experience into yet another task we need to complete to meet our daily goals. They encourage you to reconnect to your instincts and the natural world, and avoid the common mistakes that most people make with wearables and tracking apps.

the gospel of wellness: *Transformed by Truth* Katherine Forster, 2019-08-22 Studying God's Word as a teenager changed my life . . . And it can change yours, too. The Bible is more than just an ancient religious document. It's a book filled with the actual words of the living God, meant to be read often and studied deeply that we might experience its life-changing power. If you're a teen who's tired of low expectations and weightless platitudes, this book will help you dig into the Bible and make the time you spend reading count for eternity. Katherine Forster walks you through three simple practices that changed how she reads Scripture—observation, interpretation, and application— so you too can begin to understand what God has said in his word and discover how God's truth can literally transform you from the inside out.

the gospel of wellness: Health Justice Now Timothy Faust, 2019-08-06 The best concise explanation of why the United States needs single-payer health care — and needs to widen the definition of health care itself.— The Washington Post Single payer healthcare is not complicated: the government pays for all care for all people. It's cheaper than our current model, and most Americans (and their doctors) already want it. So what's the deal with our current healthcare system, and why don't we have something better? In Health Justice Now, Timothy Faust explains what single payer is, why we don't yet have it, and how it can be won. He identifies the actors that have misled us for profit and political gain, dispels the myth that healthcare needs to be personally expensive, shows how we can smoothly transition to a new model, and reveals the slate of humane and progressive reforms that we can only achieve with single payer as the springboard. In this impassioned playbook, Faust inspires us to believe in a world where we could leave our job without losing healthcare for ourselves and our kids; where affordable housing is healthcare; and where social justice links arm-in-arm with health justice for us all.

the gospel of wellness: Gospel of the Game James Robinson, 2012-01-12 On a scale of one to

ten, this novel is incomparable to any other of its kind; in fact this read is off the scale. To my knowledge, there has never been a novel quite like this. The writer is nothing short of brilliant. He is the absolute best. -Bogeese (Chicago, IL)

the gospel of wellness: *Why Be Happy When You Could Be Normal?* Jeanette Winterson, 2012-03-06 A New York Times bestseller: The “magnificent” memoir by one of the bravest and most original writers of our time—“A tour de force of literature and love” (Vogue). One of the New York Times’ “50 Best Memoirs of the Past 50 Years” Jeanette Winterson’s bold and revelatory novels have established her as a major figure in world literature. Her internationally best-selling debut, *Oranges Are Not the Only Fruit*, tells the story of a young girl adopted by Pentecostal parents, and has become a staple of required reading in contemporary fiction classes. *Why Be Happy When You Could Be Normal?* is a “singular and electric” memoir about a life’s work to find happiness (The New York Times). It is a book full of stories: about a girl locked out of her home, sitting on the doorstep all night; about a religious zealot disguised as a mother who has two sets of false teeth and a revolver in the dresser, waiting for Armageddon; about growing up in a north England industrial town now changed beyond recognition; about the universe as a cosmic dustbin. It is the story of how a painful past, rose to haunt the author later in life, sending her on a journey into madness and out again, in search of her biological mother. It is also a book about the power of literature, showing how fiction and poetry can form a string of guiding lights, or a life raft that supports us when we are sinking. Witty, acute, fierce, and celebratory, *Why Be Happy When You Could Be Normal?* is a tough-minded story of the search for belonging—for love, identity, home, and a mother.

the gospel of wellness: *My Life, as I See It* Dionne Warwick, David Freeman Wooley, 2011-11-22 For the first time, music legend and humanitarian activist Dionne Warwick reflects on 50 years in showbusiness and the lessons she has learned from being an artist, a mother and a global icon. From her rise to superstardom to raising millions of dollars for AIDS research, she gives readers a glimpse into her dazzling, inspiring life. ‘If you think you can do it, you can do it’ was the advice she got from her grandfather as a young girl - words she has never forgotten. Like her music and humanitarian work, her story is guaranteed to give hope and inspiration to people across the world.

the gospel of wellness: *Fast Burn!* Ian K. Smith, M.D., 2021-04-13 A motivational diet plan to blast fat—and keep it off—by Ian K. Smith, M.D., the #1 New York Times bestselling author of *Clean & Lean*. New York Times bestselling author Ian K. Smith, M.D.’s unique new plan takes intermittent fasting to the next level, combining the power of time-restricted eating with a detailed program that flips the body into a negative energy state, scorching fat on the way to weight loss and physical transformation. Many IF books leave readers to figure out what and how much they should eat during their feeding window, and even how long to fast each day. Smith knows that even readers highly motivated to change their weight and their health need marching orders, and they’re all here in *Fast Burn!*’s nine-week program. Dr. Ian believes in cleaner eating—forget perfect—and the two positively disruptive Jigsaw Weeks he works into his *Fast Burn!* program not only mix things up so *Fast Burners* stay on track, but introduce refreshing and less structured plant-based weeks to the program. *Fast Burn!* goes beyond the daily meal plan, but also includes simple and achievable exercises—with both gym and out-of-gym options—for every week as well as thirty-three recipes focusing on improved calorie quality, including the plan’s signature *Burner Smoothie*, to use throughout the three stages of the program.

the gospel of wellness: *Simply Divine* Jacquelin Thomas, 2006-10-10 To forgive may be divine . . . The daughter of two Hollywood superstars, Divine Matthews-Hardison lives the privileged life most fifteen-year-olds only dream of: she’s all about designer clothes, awards ceremonies, parties, and having a name that opens doors. Divine could be a model, an actress, anything she wants. But when you live in the spotlight, there’s nowhere to hide when your family falls apart. Her father is in trouble with the law, her mother has her own demons, and no one has room for Divine -- no one except her uncle, a Georgia pastor with a modest country home and a big heart. . . . but can Divine ever forgive? Divine can’t believe she’s been sent to live with her mom’s family in the sticks. Doing

chores, getting an allowance, and church-going are hardly what she's used to, and she lets everyone -- from her patient Uncle Reed and Aunt Phoebe to her cousins, Alyssa and Chance -- know she's not trading in her Gucci bags for a feedbag any time soon. But as the love and faith of a good family take hold in her heart, miraculous changes start to occur. And when the chance comes to return to her high-flying life, Divine is faced with her toughest decision: Now that she's found the one thing she's never had, could she ever leave it behind?

the gospel of wellness: The Gospel According to Rev. Walt "Baby" Love Walt Baby Love, 2010-08-01 For more than three decades, Walt Baby Love has touched the lives of more than ten million listeners across the world. Every week he shares his triumphs, challenges, and soul-stirring moments through his award-winning radio programs. He has built a following of millions of listeners and repeatedly shattered racial barriers as a black man in an industry long dominated by whites. Yet this former army paratrooper with the famed 82nd Airborne Division, who served in Southeast Asia, also broke ground as a man of disciplined, abiding faith who refused to bow to corrupt influences. His enormously popular syndicated rhythm-and-blues show lost its spot on a Chicago radio station because Walt would not refrain from counseling his listeners to look to Jesus. Though beloved by his devoted listeners, Walt was often treated as an outcast by other African-American broadcasters and industry executives because of his outspoken and steadfast devotion to the Christian way of life. Still, both earthly and heavenly rewards have come in great abundance to the man raised by his great-grandparents in rural Pennsylvania. In The Gospel According to Rev. Walt Baby Love he offers reflections and inspirational thoughts drawn from his life. He shares how his religious convictions helped him survive and thrive in an industry he believed to be rife with corruption and ungodly influences. And he recounts the story of his progression of faith from a player of gospel and R&B music to an ordained minister and preacher of God's Word. Each chapter focuses on a Bible verse, reflecting on its significance to him and guiding you on how to incorporate its teachings into your own daily life. An uplifting story of faith, family, and forgiveness in the face of God's plan, The Gospel According to Rev. Walt Baby Love is inspirational reading at its best.

the gospel of wellness: The Body Book Cameron Diaz, 2013-12-31 Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, now a #1 New York Times bestseller. Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, but down-to-earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body. In The Body Book, she shares what she has learned and continues to discover about nutrition, exercise, and the mind/body connection. Grounded in science and informed by real life, The Body Book offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. The Body Book does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

the gospel of wellness: It's Kind of a Funny Story Ned Vizzini, 2010-09-25 Like many ambitious New York City teenagers, Craig Gilner sees entry into Manhattan's Executive Pre-Professional High School as the ticket to his future. Determined to succeed at life—which means getting into the right high school to get into the right college to get the right job—Craig studies night and day to ace the entrance exam, and does. That's when things start to get crazy. At his new school, Craig realizes that he isn't brilliant compared to the other kids; he's just average, and maybe not even that. He soon sees his once-perfect future crumbling away.

the gospel of wellness: The Gospel of Inclusion Carlton Pearson, 2009-03-10 Fourth-generation

fundamentalist Carlton Pearson, a Christian megastar and host, takes a courageous and controversial stand on religion that proposes a hell-less Christianity and a gospel of inclusion that calls for an end to local and worldwide conflicts and divisions along religious lines. In *The Gospel of Inclusion*, Bishop Carlton Pearson explores the exclusionary doctrines in mainstream religion and concludes that, according to the evidence of the Bible and irrefutable logic, they cannot be true. Bishop Pearson argues that the controlling dogmas of religion are the source of much of the world's ills and that we should turn our backs on proselytizing and holy wars and focus on the real good news: that we are all bound for glory, everybody is saved, and if we believe God loves all mankind, then we have no choice but to have the same attitude ourselves. Bishop Pearson tells the story of how he had gone from a powerful religious figure, once preaching to an audience of over 6,000 people, to watching everything he had built crumble around him due to a scandal. Why? He didn't steal money nor did he have inappropriate sexual relationships. Following a revelation from God, he began to preach that a loving God would not condemn most of the human race to hell because they are not Christian. He preaches that God belongs to no religion. *The Gospel of Inclusion* is the inspiring journey of one man's quest to preach a new truth.

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