

the wellness cafe podcast

The Wellness Cafe Podcast: Your Daily Dose of Holistic Well-being

Are you feeling overwhelmed, stressed, or just plain stuck in a rut? Do you crave a supportive community dedicated to exploring all facets of holistic well-being? Then grab your favorite mug, settle in, and let me introduce you to The Wellness Cafe Podcast, your new go-to resource for mindful living and vibrant health. This isn't just another podcast; it's a virtual community gathering where we delve deep into practical strategies and inspiring stories to help you cultivate a healthier, happier you. This comprehensive guide will explore what makes The Wellness Cafe Podcast unique, what you can expect from each episode, and why it's become a trusted source of wellness wisdom for so many listeners.

What Makes The Wellness Cafe Podcast Different?

The Wellness Cafe Podcast stands out in a crowded podcast landscape because it prioritizes a holistic approach to well-being. We don't just focus on one aspect of health, like nutrition or fitness. Instead, we explore the interconnectedness of mind, body, and spirit. Each episode weaves together diverse perspectives, offering a rich tapestry of information and inspiration. Forget dry lectures; we strive for engaging conversations that feel like sharing a cup of tea with knowledgeable friends.

Episode Highlights: A Diverse Menu of Wellness Topics

The beauty of The Wellness Cafe Podcast lies in its variety. While we maintain a consistent focus on holistic well-being, each episode tackles unique aspects. Some of our most popular episode categories include:

Mindful Living: We explore techniques like meditation, mindfulness practices, and stress management strategies to cultivate inner peace and resilience. Recent episodes have focused on managing anxiety through breathwork, incorporating mindfulness into daily routines, and the power of positive self-talk.

Nutrition & Healthy Eating: We dive into the world of nourishing foods, exploring diverse dietary approaches and debunking common nutrition myths. We've covered topics like gut health, the benefits of plant-based diets, mindful eating practices, and creating sustainable healthy eating habits.

Fitness & Movement: We encourage movement for joy, not just for aesthetics. We explore diverse fitness modalities, from yoga and Pilates to hiking and dance, emphasizing the importance of finding activities that bring you genuine pleasure and promote overall well-being.

Self-Care & Personal Growth: We explore various self-care practices, including setting healthy boundaries, prioritizing self-compassion, and engaging in activities that nurture your soul. Recent episodes have explored journaling for self-discovery, the benefits of spending time in nature, and cultivating gratitude.

Expert Interviews: We regularly feature interviews with leading experts in various fields of holistic wellness. These interviews provide listeners with invaluable insights and perspectives from professionals who are passionate about sharing their knowledge.

Beyond the Episodes: Building a Supportive Community

The Wellness Cafe Podcast is more than just a collection of audio files; it's a thriving community. We encourage interaction through social media channels, allowing listeners to connect with each other and share their experiences. This shared journey of self-discovery fosters a sense of belonging and mutual support, enhancing the overall benefits of listening. We also host regular online events and challenges to further strengthen this community bond.

How The Wellness Cafe Podcast Can Benefit You

Investing your time in The Wellness Cafe Podcast can lead to significant improvements in your overall well-being. By consistently listening, you'll gain access to practical tools and actionable strategies to:

Reduce stress and anxiety: Learn proven techniques to manage stress and cultivate inner peace.

Improve your physical health: Discover healthy eating habits and enjoyable ways to incorporate movement into your life.

Boost your mental clarity: Enhance your focus and cognitive function through mindfulness practices.

Cultivate self-compassion and self-love: Learn to prioritize your well-being and embrace self-acceptance.

Connect with a supportive community: Join a vibrant online community of like-minded individuals.

The Wellness Cafe Podcast: Your Journey to a Healthier, Happier You Starts Now

The Wellness Cafe Podcast isn't a quick fix; it's a commitment to ongoing personal growth. It's about creating a sustainable lifestyle that supports your holistic well-being. By incorporating the principles and practices shared in each episode, you'll embark on a journey towards a healthier, happier, and more fulfilling life. So, tune in, listen, and become part of the Wellness Cafe community today. Find us on all major podcast platforms!

Frequently Asked Questions

Q1: How often are new episodes released?

A1: We release new episodes of The Wellness Cafe Podcast weekly, ensuring a consistent stream of valuable content to support your wellness journey.

Q2: Is there a cost to listen to The Wellness Cafe Podcast?

A2: The Wellness Cafe Podcast is entirely free to listen to on all major podcast platforms.

Q3: What type of equipment do I need to listen?

A3: You can listen to The Wellness Cafe Podcast on any device with a podcast app, including smartphones, tablets, computers, and smart speakers.

Q4: Can I listen to the episodes offline?

A4: Yes! Most podcast apps allow you to download episodes for offline listening, perfect for commutes, workouts, or travel.

Q5: How can I connect with the Wellness Cafe community?

A5: We encourage community interaction! Find us on Instagram, Facebook, and Twitter (@WellnessCafePod - replace with actual social media handles). We also host occasional online events and challenges, details of which are announced on our social media and podcast feed.

the wellness cafe podcast: *Forking Wellness* Sophie Bertrand, Bari Stricoff, 2021-01-01 With the abundance of health and nutrition information out there, it's hard to keep up and know what's fact and what's harmful. Registered nutrition professionals and co-hosts of the podcast, Forking Wellness, Sophie Bertrand and Bari Stricoff take an all food is fit approach to eating, and in this book, they use their expertise to help you navigate nutrition. How does one eat for longevity while also trying to eat for a healthy gut, reduce the risk of cardiovascular disease, all while trying to enjoy food without obsessing? These nutrition professionals are on a mission to simplify the information and make wellness a realistic and relatable topic that no longer seems so all or nothing. In addition to breaking down the nutrition basics, Sophie and Bari will guide you through what balance really means when eating, how to overcome black-and-white thinking about food, and how to implement mindful eating and intuitive eating. They will also provide simple tools for eating sustainably and on a budget. As the icing on top, Sophie and Bari have provided more than 45 delicious recipes you will want to make again and again. With this book, you are guaranteed to forking understand wellness!

the wellness cafe podcast: *The Reckless Kind* Carly Heath, 2021-11-09 A genre-defying debut, this queer historical YA centers a wild and reckless trio who fly in the face of small-town tradition—full of compassion, love, and determination to live the lives of their choosing. It's 1904 on an island just west of Norway, and Asta Hedstrom doesn't want to marry her odious betrothed, Nils. But her mother believes she should be grateful for the possibility of any domestic future, given her single-sided deafness, unconventional appearance, and even stranger notions. Asta would rather spend her life performing in the village theater with her fellow outcasts: her best friend Gunnar Fuglestad and his secret boyfriend, wealthy Erlend Fournier. But the situation takes a dire turn when Nils lashes out in jealousy—gravely injuring Gunnar. Shunning marriage for good, Asta moves with Gunnar and Erlend to their secluded cabin above town. With few ties left to their families, they have one shot at gaining enough kroner to secure their way of life: win the village's annual horse race. Despite Gunnar's increasing misgivings, Asta and Erlend intend to prove this unheard-of arrangement will succeed. Asta trains as a blacksmith; Erlend cares for recovering Gunnar. But as race day approaches, the villagers' hateful ignorance only grows stronger. With this year's competition proving dangerous for the trio, Asta and Erlend soon find they face another equally deadly peril: the possibility of losing Gunnar, and their found family, forever.

the wellness cafe podcast: *Unleash Your Primal Brain* Tim Ash, 2020-06-29 Understand what makes us human! This book is about the commonalities all 8,000,000,000 people on earth share. Our ancestors were molded by ruthless survival pressures from the earliest days of life on the planet. Adaptations which worked long ago are still inside of us – also shared with insects and reptiles. Later additions are common to all mammals from the tiniest shrews to the most massive whales. Some capabilities were bolted on relatively recently, and are only shared with our primate cousins. And the runaway explosion of humans on the planet can only be explained by our own bizarre

species-level evolution. The only way to understand how our brains work is to examine the complete evolutionary arc. Find out why your primal brain is in charge, and your logical mind is usually asleep. Learn what makes people unique among all other animals. Understand the biased shortcuts your brain takes to make decisions. Discover how culture has evolved us for learning and cooperation. Find out how fairness and group conformity impact our behavior. Understand the real purpose of memory, sleep, and dreaming. Learn how stories allow us to mind-meld with other people. Should I read this book? Yes – if you have a brain and want to understand how it works!... Personal development – Improve your memory, strengthen personal relationships and community, understand your motivations and drives, make peace with your emotional nature. Relationships – Learn why you have an affinity for certain kinds of cultures and beliefs, understand gender differences and deep-seated emotional needs, get insights into children’s development, create stronger friendships. Business – This book can be mined for insights about leadership, group cooperation, motivation, marketing and persuasion, sales, and effective communication.

the wellness cafe podcast: Norma Kamali: I Am Invincible Norma Kamali, 2021-02-02 Wit and wisdom from the innovative, influential, and empowering wellness guru and designer Norma Kamali. In her first book, fashion legend Norma Kamali offers readers a stylish, inspiring, and heartfelt handbook for gliding boldly through each of life’s decades with purpose and power. Manifesto, memoir, and essential guide, its pages are informed by 50 years of Kamali’s twists, turns, triumphs, and failures experienced while finding the courage and conviction to race after her dreams and never look back. At 75, Kamali looks—and acts—nearly half her age. The secret, she writes, is learning to age with power: Embracing a healthy lifestyle and looking forward to every milestone and the changes they bring, with the realization that reaching one’s potential has no date. With wisdom and wit, Kamali imparts her lessons on authentic beauty, timeless style, career-building, fitness, and health through personal stories, worldly insight, and actionable advice designed to help women of every age create their happiest, healthiest, most successful and fulfilling lives.

the wellness cafe podcast: A Single Revolution Shani Silver, 2021-10-07 Shani Silver is not an advocate for singlehood. She's an advocate for single women feeling good while single-and there's a difference. *A Single Revolution* is one book for single women that won't approach you like you're unfinished. It's for those who are exhausted, frustrated, confused, or angry—who want relationships but don't deserve to be miserable in the meantime. A grueling dating grind isn't a prerequisite for partnership. You can be happily single and still meet someone—that's allowed. It's possible to value your single time so much that you refuse to give it up for anything less than the amazing relationships you deserve. It's also possible to stop searching for them so relentlessly that you ignore every other aspect of your valid, beautiful life. This isn't a book about dating. It's a book about living. You can choose how you feel about being single. You can choose to feel wrong, or you can choose to feel free. *A Single Revolution* isn't about changing yourself—it's about changing your mind.

the wellness cafe podcast: The Addiction Inoculation Jessica Lahey, 2021-04-06 “The *Addiction Inoculation* is a vital look into best practices parenting. Writing as a teacher, a mother, and, as it happens, a recovering alcoholic, Lahey's stance is so compassionate, her advice so smart, any and all parents will benefit from her hard-won wisdom.” —Peggy Orenstein, author of *Girls & Sex* and *Boys & Sex*. In this supportive, life-saving resource, the New York Times bestselling author of *The Gift of Failure* helps parents and educators understand the roots of substance abuse and identify who is most at risk for addiction, and offers practical steps for prevention. Jessica Lahey was born into a family with a long history of alcoholism and drug abuse. Despite her desire to thwart her genetic legacy, she became an alcoholic and didn’t find her way out until her early forties. Jessica has worked as a teacher in substance abuse programs for teens, and was determined to inoculate her two adolescent sons against their most dangerous inheritance. All children, regardless of their genetics, are at some risk for substance abuse. According to the National Center on Addiction and Substance Abuse, teen drug addiction is the nation’s largest preventable and costly health problem. Despite the existence of proven preventive strategies, nine out of ten adults with substance use

disorder report they began drinking and taking drugs before age eighteen. The Addiction Inoculation is a comprehensive resource parents and educators can use to prevent substance abuse in children. Based on research in child welfare, psychology, substance abuse, and developmental neuroscience, this essential guide provides evidence-based strategies and practical tools adults need to understand, support, and educate resilient, addiction-resistant children. The guidelines are age-appropriate and actionable—from navigating a child's risk for addiction, to interpreting signs of early abuse, to advice for broaching difficult conversations with children. The Addiction Inoculation is an empathetic, accessible resource for anyone who plays a vital role in children's lives—parents, teachers, coaches, or pediatricians—to help them raise kids who will grow up healthy, happy, and addiction-free.

the wellness cafe podcast: Psychedelics and Psychotherapy Tim Read, Maria Papaspyrou, 2021-09-07 • Examines the therapeutic potential of expanded states, underground psychedelic psychotherapy, harm reduction, new approaches for healing individual and collective trauma, and training considerations • Addresses challenging psychedelic experiences, spiritual emergencies, and the central importance of the therapeutic relationship • Details the use of cannabis as a psychedelic tool, spiritual exploration with LSD, micro-dosing with Iboga, and MDMA-assisted psychotherapy for PTSD Exploring the latest developments in the flourishing field of modern psychedelic psycho-therapy, this book shares practical experiences and insights from both elders and newer research voices in the psychedelic research and clinical communities. The contributors examine new findings on safe and skillful work with psychedelic and expanded states for therapeutic, personal, and spiritual growth. They explain the dual process of opening and healing. They explore new approaches for individual inner work as well as for the healing of ancestral and collective trauma. They examine the power of expanded states for reparative attachment work and offer insights on the integration process through the lens of Holotropic Breathwork. The contributors also examine the use of cannabis as a psychedelic tool, spiritual exploration with LSD, microdosing with Iboga, treating depression with psilocybin, and MDMA-assisted psychotherapy for PTSD. Revealing diverse ways of working with psychedelics in terms of set, setting, and type of substance, the book concludes with discussions of ethics and professional development for those working in the field as well as explores considerations for training the next generation of psychedelic therapists.

the wellness cafe podcast: Nothing Much Happens Kathryn Nicolai, 2020-10-06 Soothing stories to help you fall and stay asleep, based on the popular podcast Busy minds need a place to rest. Whether you find yourself struggling to sleep, awake in the middle of the night, or even just anxious as you move through the day, in Nothing Much Happens, Kathryn Nicolai offers a healthy way to ease the mind before bed: through the timeless appeal of classic bedtime stories. Already beloved by millions of podcast listeners, the stories in Nothing Much Happens explore and expose small sweet moments of joy and relaxation: Sneaking lilacs from an abandoned farm in the spring. Watching fireflies from the deck in the summer. Visiting the local cider mill in the autumn. Watching the tree lighting in the park with friends in the winter. You'll also find sixteen new stories never before featured on the podcast, along with whimsical illustrations, recipes, and meditations. Using her decades of experience as a meditation and yoga teacher, Kathryn Nicolai creates a world for you to slip into, one rich in sensory experience that quietly teaches mindfulness and self-compassion, soothes frayed nerves, and builds solid habits for nurturing sleep. A PENGUIN LIFE TITLE

the wellness cafe podcast: The Café between Pumpkin and Pie Marina Adair, Kate Angell, Stacy Finz, 2021-08-31 As warm and frothy as a spiced pumpkin latte on a crisp autumn day, this trio of magically romantic tales set in the charmingly festive small town of Moonbright, Maine is the perfect Halloween indulgence from National Bestselling Authors Marina Adair, Kate Angell and Stacy Finz! In Moonbright, Maine, there's a pumpkin on every porch, fresh brewed apple cider in every cup—and the sweetest sorcery in the air... Before, after, and even during the excitement of the annual Halloween parade, gathering at the Corner Café is a beloved Moonbright tradition. Costumed revelers of all kinds come for the famous whoopie pies, the heartfelt hospitality, and the chance to hear the town's spookiest stories and local legends whispered to the younger generation... The most

magically romantic legend of all promises that a Moonbright woman will marry the man she sees reflected in a mirror on Halloween. For three such singles, the crunch of fall leaves and the fragrance of fresh-baked pie sets the perfect stage for this most tantalizing trick—and most delightful treat—the genuine enchantment of true love.

the wellness cafe podcast: Make Noise Eric Nuzum, 2019-12-10 The ultimate guide to podcasting, the fastest growing media platform in the world. A step beyond practical how-to information on podcast production or building a business, Make Noise addresses the art of podcasting, what works and doesn't for successful storytelling on audio, from a true expert in the medium.

the wellness cafe podcast: *The Happier Approach* Nancy Jane Smith, 2018-01-10 After almost 20 years of working with women dealing with anxiety and stress. Nancy Jane Smith found that one thing that prevents us from feeling happier is how we talk to ourselves. The voice that talks the loudest, is the Monger, who tricks us into beating ourselves up to become a better version of ourselves. The Happier Approach is a simple way to quiet the Monger, be kind to yourself and become more accomplished and productive. Through humor and storytelling Nancy Jane will share: How to unhook the belief that being kind to yourself will make you soft and cut your competitive advantage. The 3 characters that influence your ability to be happier. When your Monger has taken over and what to do next. Why your BFF can steer you in the wrong direction. How to unleash your Biggest Fan so you can make decisions for your life without shame, or guilt and be genuinely happier. You don't need to stay in survival mode. You just need a different approach...The Happier Approach

the wellness cafe podcast: The A-to-Z Self-care Handbook for Social Workers and Other Helping Professionals Erlene Grise-Owens, Justin Miller, Mindy Eaves, 2016 Self-care is an imperative for the ethical practice of social work and other helping professions. From A (awareness) to Z (ZZZZ--Sleep), the editors and contributors use a simple A-to-Z framework to outline strategies to help you build a self-care plan with specific goals and ways to reach them realistically. Questions for reflection and additional resource lists help you to dig deeper in your self-care journey. Just as the ABCs are essential building blocks for a young child's learning, you can use the ABCs in The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals to build your way to a happy, healthy, ethical life as a helping professional. Includes a self-care planning form to help you set goals and formulate strategies. The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals...offers a broad range of concrete suggestions for improving individual self-care that should provide guidance and support to fit a broad range of practitioner needs. The book also includes material in several chapters that notes the important role organizations must take in stress and burnout reduction and support of self-care. SUE STEINER, Ph.D., MSW, Professor, School of Social Work at California State University, Chico, Co-author, Self-Care in Social Work: A Guide for Practitioners, Supervisors, and Administrators ...a caring and useful resource for helping professionals concerned about burnout, stress, staff turnover, and wellness.... By focusing on insights and reflections and providing resources and strategies, The A-to-Z Self-Care Handbook is a practical guide and an empowering book. DR. BARBARA W. SHANK, Ph.D., MSW, Dean and Professor, School of Social Work, University of St. Thomas, St. Catherine University, Chair, Board of Directors, Council on Social Work Education As the leader of a large nonprofit organization, the health and well-being of my colleagues is always top of mind for me. The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals is just what an organization like ours needed to promote self-care in a way that makes sense for all of us! JENNIFER HANCOCK, LCSW, President & CEO, Volunteers of America-Mid-States Sometimes there is a book that speaks to what you also have tried to put into words that feels truly hand-in-glove. I see The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals as precisely this book. SARA KAY SMULLENS, MSW, LCSW, author of Burnout and Self-Care in Social Work: A Guidebook for Students and Those in Mental Health and Related Professions Grise-Owens, Miller, & Eaves' The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals is a much-needed handbook to inspire

and guide self-care practice. Its insights are far-ranging, original, practical, and flexible. The short chapter format, focused topics, and fresh tone are both accessible and sure to motivate. Even those who have given a great deal of thought and attention to self-care will find new, exciting, and practicable guidance in its pages. LISA D. BUTLER, Ph.D., Associate Professor, University at Buffalo, School of Social Work, Primary Developer, UBSSW Self-Care Starter Kit

the wellness cafe podcast: Food-Related Stories Gaby Melian, 2022-01-18 “Gaby Melian tells so many stories through her relationship with food—about love, about loss, about hard work, and about finding her passion. The pages are dripping with delicious smells and tastes, and will give you a new way to look at both cooking and what it means to have a plan.” —Molly Birnbaum, editor in chief, America’s Test Kitchen Kids In this moving, personal account, chef and activist Gaby Melian shares her journey with food and how creating a relationship with food -- however simple or complicated -- is a form of activism in its own right. Pocket Change Collective was born out of a need for space. Space to think. Space to connect. Space to be yourself. And this is your invitation to join us. This is a series of small books with big ideas from today's leading activists and artists. Food rescued me so many other times -- not only because I sold food to survive. I cook to entertain; I cook to be liked; I cook to be loved. In this installment, chef and activist Gaby Melian shares her personal journey with food -- from growing up in Argentina to her time as a Jersey City street vendor and later, as Bon Appetit's test kitchen manager. Powerful and full of heart, here, Melian explores how we can develop a relationship with food that's healthy, sustainable, and thoughtful.

the wellness cafe podcast: Alonement Francesca Specter, 2022-02-15 How to be alone and absolutely own it, by founder of the Alonement blog and podcast, Francesca Specter. Being alone has a serious branding issue. We've only ever had negative language to talk about flying solo - but what about when time spent alone is restorative and joyful? What if it's something you crave? What if it's even just an hour you've carved out for yourself in the middle of a hectic week? Enter: Alonement, Francesca Specter's empowering new word to express valuing your own company and dedicating quality time to yourself, whoever you are and whatever your relationship status. Between open-plan offices, two-for-one vouchers and co-habiting with partners and friends, most of us don't know how to be alone - yet our life-long relationship with ourselves is the most important one we'll ever have. A reformed 'extreme extrovert' who struggled to spend even an hour alone, Francesca made the resolution in January 2019 to improve her solitude skills. Having spent two months of lockdown by herself, Francesca knows better than most how to optimise the quality of time spent alone. Packed with practical tips, insights from key experts and lessons from guests of the Alonement podcast - including Alain de Botton, Florence Given, Konnie Huq and Camilla Thurlow - Francesca reveals how we can all thrive alone, whatever our circumstances, and harness the untapped power of some meaningful time with me, myself and I.

the wellness cafe podcast: The Extremely Busy Woman's Guide to Self-Care Suzanne Falter, 2019-12-03 Discover the transformative power of self-care! This comprehensive handbook offers practical strategies and expert advice to help you do less, achieve more, and live the life you truly desire. Optimize your productivity: Learn efficient techniques to manage your time, prioritize tasks, and streamline your daily routines, enabling you to accomplish more with less effort. Cultivate a fulfilling life: Explore strategies for aligning your goals, values, and passions, empowering you to create a life that brings you joy, satisfaction, and a sense of purpose. Tailor self-care to your busy schedule: Gain practical insights on incorporating self-care rituals and practices into your hectic lifestyle, finding moments of tranquility and rejuvenation amidst your demanding responsibilities. Nurture your mind, body, and soul: Explore a variety of self-care techniques, including mindfulness, meditation, exercise, nutrition, sleep, and stress management, equipping you with tools to nourish and replenish every aspect of your being. Overcome guilt and embrace self-compassion: Learn to overcome the guilt associated with taking time for yourself, and develop a mindset of self-compassion that allows you to prioritize your needs without sacrificing your commitments. Create sustainable habits: Acquire expert guidance on building sustainable self-care habits that become an integral part of your daily routine, ensuring long-term well-being and personal growth.

The Extremely Busy Woman's Guide to Self-Care is a game-changing resource for any woman seeking to reclaim her time, prioritize her well-being, and live a life filled with purpose, accomplishment, and self-fulfillment. This book is perfect if you are looking for: Self-care books for women Self-care gifts for women Self affirmations for women Stress-management books Practical suggestions for taking care of yourself How to ask for help and set boundaries The road to soothing self-care is right in front of you—all you have to do is say yes to the journey and take the first step.

the wellness cafe podcast: Radical Remission Kelly A. Turner, PhD, 2014-03-18 In her New York Times bestseller, *Radical Remission: Surviving Cancer Against All Odds*, Dr. Kelly A. Turner, founder of the Radical Remission Project, uncovers nine factors that can lead to a spontaneous remission from cancer—even after conventional medicine has failed. While getting her Ph.D. at the University of California, Berkley, Dr. Turner, a researcher, lecturer, and counselor in integrative oncology, was shocked to discover that no one was studying episodes of radical (or unexpected) remission—when people recover against all odds without the help of conventional medicine, or after conventional medicine has failed. She was so fascinated by this kind of remission that she embarked on a ten month trip around the world, traveling to ten different countries to interview fifty holistic healers and twenty radical remission cancer survivors about their healing practices and techniques. Her research continued by interviewing over 100 Radical Remission survivors and studying over 1000 of these cases. Her evidence presents nine common themes that she believes may help even terminal patients turn their lives around.

the wellness cafe podcast: Women Rowing North Mary Pipher, 2019-01-15 New York Times Bestseller * USA Today Bestseller* Los Angeles Times Bestseller * Publishers Weekly Bestseller A guide to wisdom, authenticity, and bliss for women as they age by the author of *Reviving Ophelia*. Women growing older contend with ageism, misogyny, and loss. Yet as Mary Pipher shows, most older women are deeply happy and filled with gratitude for the gifts of life. Their struggles help them grow into the authentic, empathetic, and wise people they have always wanted to be. In *Women Rowing North*, Pipher offers a timely examination of the cultural and developmental issues women face as they age. Drawing on her own experience as daughter, sister, mother, grandmother, caregiver, clinical psychologist, and cultural anthropologist, she explores ways women can cultivate resilient responses to the challenges they face. “If we can keep our wits about us, think clearly, and manage our emotions skillfully,” Pipher writes, “we will experience a joyous time of our lives. If we have planned carefully and packed properly, if we have good maps and guides, the journey can be transcendent.”

the wellness cafe podcast: Training for Climbing Eric Horst, 2008-09-16 Drawing on new research in sports medicine, nutrition, and fitness, this book offers a training program to help any climber achieve superior performance and better mental concentration on the rock, with less risk of injury.

the wellness cafe podcast: Growing Young Marta Zaraska, 2020-06-16 NATIONAL BESTSELLER A smart, research-driven case for why optimism, kindness, and strong social networks will help us live to 100. From the day her daughter was born, science journalist Marta Zaraska fretted about what she and her family were eating. She fasted, considered adopting the keto diet, and ran a half-marathon. She bought goji berries and chia seeds and ate organic food. But then her research brought her to read countless scientific papers and to interview dozens of experts in various fields of study, including molecular biochemistry, epidemiology and neuroscience. What Marta discovered shattered her long-held beliefs about aging and longevity. A strong support network of family and friends, she learned, lowers mortality risk by about 45 percent, while exercise only lowers it by about 23 percent. Volunteering your free time lowers it by 22 percent or so, while certain health fads like turmeric haven't been shown to help at all. These revelations led Marta Zaraska to a simple conclusion: In addition to healthy nutrition and physical activity, deepening friendships, practicing empathy and contemplating your purpose in life can improve your lifespan. Through eleven chapters that take her around the world, from catching wild mice in the woods of central England to flower arranging with octogenarians in Japan, from laboratories to hugging

centres, Marta embarks on an absorbing, entertaining and insightful journey to determine the habits that will have the greatest impact on our longevity. Deeply researched and expertly reported, Growing Young will dramatically change the way you seek a longer, happier life.

the wellness cafe podcast: Crazy Sexy Kitchen Kris Carr, 2014-12-09 Start eating the crazy, sexy way: a nutrient-dense, plant-happy approach to eating and living that harmonizes your beautiful body at the cellular level! The woman who made prevention hot is now making it delicious! Crazy Sexy Kitchen, the follow-up to Kris Carr's New York Times bestseller Crazy Sexy Diet, is a Veggie Manifesto for plant-empowered gourmands and novices alike, and it's filled with inspiration, education, cooking tips, and over 150 nourishing, nosh-worthy recipes. Infused with her signature humor, style, and personal stories, Crazy Sexy Kitchen redefines the kitchen as headquarters for America's wellness revolution. The goodness born in the Crazy Sexy Kitchen will reach deep into the rest of your life—enriching your health, your home, your heart, and the planet. Crazy Sexy Kitchen gives readers all the tools and know-how needed to adopt a joyful and vibrant Crazy Sexy Diet and Lifestyle. What is the Crazy Sexy Diet and Lifestyle, you ask? A nutrient-dense, plant-happy approach to eating and living that harmonizes your beautiful body at the cellular level. It's a celebratory way of life that's deeply connected, healthy, awake and engaged. Now that's SEXY! Like a long, luxurious meal, Crazy Sexy Kitchen is laid out in courses. You'll start with a detailed review of the Crazy Sexy Diet. Next you'll learn how to stock your culinary arsenal. Kris will show you how to find the best kitchen tools and equipment, and prep you with basic culinary skills and lingo. Handy symbols like, gluten-free, soy-free, kid-friendly—and for the time pressed—Crazy Sexy Quickies, help you to easily identify the recipes that are perfect for your dietary needs. Not sure how to put a whole meal together? No problem. Crazy Sexy Kitchen covers that, too—with a hearty dose of menu plans and recipes to inspire and delight. Joined by Whole Foods chef, Chad Sarno, Crazy Sexy Kitchen offers over 150 delicious, nutrient-dense recipes designed to nourish the mind, body, and soul. From juicing to planning a three-course meal, Crazy Sexy Kitchen has all the essentials to fill your kitchen (and life!) with health, happiness, family, friends, and good times.

the wellness cafe podcast: Mastering Your Mean Girl Melissa Ambrosini, 2016-03-22 One of Book Authority's Best Self-Esteem eBooks of All Time Ready to live your dream life? You know that sneaky voice inside your head telling you that you're not good enough, smart enough, pretty enough, whatever enough? That's your Mean Girl. And she's doing her best to keep you stuck in Fear Town, too scared to go after the life you always imagined. But enough's enough! Melissa Ambrosini has made a life beyond her wildest dreams, all by mastering her Mean Girl, busting through limiting beliefs and karate-chopping through the fears that held her hostage for years. And now she wants to help you remember not only what you are capable of, but how amazing you truly are! In this inspiring, upbeat guide, Melissa provides a practical plan for creating your own version of a kick-ass life — one that's wildly wealthy, fabulously healthy and bursting with love. Designed to propel you out of stuck-ness and into action, this is a must read if you're ready to let go of your Mean Girl and start living the life of your dreams.

the wellness cafe podcast: Know-It-All Society: Truth and Arrogance in Political Culture Michael P. Lynch, 2019-08-13 Winner • National Council of Teachers of English - George Orwell Award for Distinguished Contribution to Honesty and Clarity in Public Language The “philosopher of truth” (Jill Lepore, The New Yorker) returns with a clear-eyed and timely critique of our culture's narcissistic obsession with thinking that “we” know and “they” don't. Taking stock of our fragmented political landscape, Michael Patrick Lynch delivers a trenchant philosophical take on digital culture and its tendency to make us into dogmatic know-it-alls. The internet—where most shared news stories are not even read by the person posting them—has contributed to the rampant spread of “intellectual arrogance.” In this culture, we have come to think that we have nothing to learn from one another; we are rewarded for emotional outrage over reflective thought; and we glorify a defensive rejection of those different from us. Interweaving the works of classic philosophers such as Hannah Arendt and Bertrand Russell and imposing them on a cybernetic future they could not have possibly even imagined, Lynch delves deeply into three core ideas that explain

how we've gotten to the way we are: • our natural tendency to be overconfident in our knowledge; • the tribal politics that feed off our tendency; • and the way the outrage factory of social media spreads those politics of arrogance and blind conviction. In addition to identifying an ascendant "know-it-all-ism" in our culture, Lynch offers practical solutions for how we might start reversing this dangerous trend—from rejecting the banality of emoticons that rarely reveal insight to embracing the tenets of Socrates, who exemplified the humility of admitting how little we often know about the world, to the importance of dialogue if we want to know more. With bracing and deeply original analysis, Lynch holds a mirror up to American culture to reveal that the sources of our fragmentation start with our attitudes toward truth. Ultimately, Know-It-All Society makes a powerful new argument for the indispensable value of truth and humility in democracy.

the wellness cafe podcast: Crazy Sexy Diet Kris Carr, Sheila Buff, 2011-01-17 The author of the best-selling *Crazy Sexy Cancer Tips* and *Crazy Sexy Cancer Survivor* takes on the crazy sexy subject of what and how we eat, drink, and think. Crazysexydiet.com On the heels of Kris Carr's best-selling cancer survival guidebooks and her acclaimed TLC documentary comes her new journey into a realm vital to anyone's health. Infused with her signature sass, wit and advice-from-the-trenches style, *Crazy Sexy Diet* is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a great ass! Along with help from her posse of experts, Carr lays out the fundamentals of her Crazy Sexy Diet: a low-glycemic, vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods, nourishing organic green drinks, and scrumptious smoothies. Plus, she shares the steps of her own twenty-one-day cleanse, and simple but delectable sample recipes. In ten chapters with titles such as, "pHabulous," "Coffee, Cupcakes and Cocktails," "Make Juice Not War," and "God-Pod Glow," Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair. In addition to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches—advice that draws both on her personal experience as a cancer survivor and that of experts—she provides helpful hints on natural personal care, how to stretch a dollar, navigate the grocery store, eating well on the run, and working through the inevitable pangs and cravings for your old not-so-healthy life. *Crazy Sexy Diet* is a must for anyone who seeks to be a confident and sexy wellness warrior.

the wellness cafe podcast: 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 Cavaiuolo, 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.

the wellness cafe podcast: Magpie Elizabeth Day, 2022-05-03 For fans of *The Last Mrs. Parrish* comes a twisty psychological suspense novel about motherhood, obsession, and just how far some will go for the perfect family. "Great, plain and simple" (Stanley Tucci). Marisa and Jake are a perfect couple. And Kate, their new lodger, is the perfect roommate—and not just because her rent payments will give them the income they need to start trying for the baby of their dreams.

Except—no one is truly perfect. Sure, Kate doesn't seem to care much about personal boundaries and can occasionally seem overly familiar with Jake. But Marisa doesn't let it concern her, knowing that soon Kate will be gone, and it will just be her, Jake, and their future baby. Conceiving a baby is easier said than done, though, and Jake and Marisa's perfect relationship is put to the test through months of fertility treatments and false starts. To make matters worse, Kate's boundary-pushing turns into an all-out obsession—with Jake, with Marisa, and with their future child. Who is this woman? Why does she seem to know everything about Marisa and Jake? In her quest to find out who Kate really is, Marisa might destroy everything she's worked so hard to create—her perfect romance, her perfect family, and her perfect self. Jake doesn't know the half of what Marisa has created—and what she stands to lose. For fans of *Gone Girl* and *The Perfect Nanny*, Magpie is a "tense" (The Guardian), "gorgeous" (Lisa Taddeo, bestselling author of *Three Women*), "completely, terrifyingly brilliant" (Marian Keyes, author of *Grown Ups*) novel about mothers and children, envy and possession, and the dangers of getting everything you've ever dreamed of.

the wellness cafe podcast: Go Ask Ali Ali Wentworth, 2018-04-24 New York Times bestselling author Ali Wentworth offers her hilarious and unique advice on surviving the absurdity of modern life in her third collection of laugh-out-loud comic vignettes. Ali Wentworth's first two books, *Ali in Wonderland* and *Happily Ali After*, were lauded by readers, critics, and fellow comedians alike. Entertainment Weekly included *Happily Ali After* on its Must List and hailed it as hilarious. . . . Her glass isn't half full—it's empty and cracked, while Cosmopolitan praised it as razor-sharp. Chelsea Handler called *Ali in Wonderland* truly hilarious, and Kathy Griffin christened it, *Chicken Soup for the Vagina*. Alec Baldwin has described Ali as funny and warm and crazy all at once. Like Barbara Eden. But on something. Like crystal meth, and Jerry Seinfeld has raved, Everything that comes out of Ali Wentworth's mouth is funny! At once endearing and hilarious, thoughtful and far-fetched, this third collection offers Ali at her wisest and wittiest as she delivers tips, pointers, and quips on a host of life's conundrums and sticky situations, including the funny, sometimes embarrassing yet unforgettable situations that have shaped her inimitable world view as a wife, mother, actress, comedian, and all around bon vivant. Thoroughly entertaining, *Go Ask Ali* is packed with thoughts and musings from the girlfriend you want to have a glass of wine with, the one who makes you laugh because she sees the funny and the absurd in everything (Huffington Post).

the wellness cafe podcast: Alzheimer's A to Z Jytte Lokvig, John D. Becker, 2004 A neurologist who specializes in the treatment of Alzheimer's and a professional caregiver who has worked with Alzheimer's patients for ten years team up to write this first ever A-to-Z caregiver's guide. 220 p.

the wellness cafe podcast: Confident Introvert Stephanie Thoma, 2020-06-15 Networking doesn't have to feel like a sales-focused event where you're using people to get ahead. Create meaningful connections, easily strike up genuine conversations, and dazzle people with your natural charm. In *Confident Introvert*, Stephanie Thoma shows you the key steps you'll need to take to unlock your potential and win at networking. Within these pages, you'll discover strategies that go beyond collecting business cards to find your natural confidence and connect with anyone.

the wellness cafe podcast: A Healer in Every Household Nd Manon Bolliger, 2020-09-11 If you are feeling overwhelmed and confused on how to create better health for you and your family, this book will serve as a foundational framework to help you understand how the body has the ability to heal itself. Before disease, there is stress. My goal is to ignite the passion in every person to take charge of their health, start the healing journey, and trust and love their own body.

the wellness cafe podcast: Live Happy Deborah K. Heisz, 2016-03-22 An eye-opening shift of perspective on the secret of authentic happiness: how surprisingly simple, everyday acts lead to lifelong joy and fulfillment, from the experts at Live Happy magazine. We are all increasingly hungry for soul-deep happiness. All over the globe, from the hallways of Harvard, where the university's most popular course is a class on positive psychology, to the United Nations' resolution naming March 20th the International Day of Happiness, the question of how to be authentically happy concerns millions of lives today. But what if the secret of lasting happiness is actually . . . simple? Now, in *Live Happy*, the editors of Live Happy magazine, the first lifestyle publication dedicated to

the timeless quest to achieve authentic happiness, reveal that true happiness is all about the big impact of small acts of everyday happiness. Organized around the key components of a happy life, from gratitude to attitude and play to purpose, Live Happy brings together illuminating real-life happiness stories, eye-opening examinations on the science of happiness, and simple and inspiring everyday “happy acts” to empower readers to achieve big happiness breakthroughs. Authentic happiness is within reach—and Live Happy shows readers how they can manifest it not only in their own lives but also make a positive and lasting difference in the world.

the wellness cafe podcast: Cuisine of the Sun Roger Vergé, 1979

the wellness cafe podcast: Courage to Connect Mark Ostach, 2020-07-02 Do You Need More Courage in Your Life? Courage to Connect is a book full of personal stories & helpful resources that are intended to improve your relationships and create more meaningful connections in your life. In This Book You Will... ? Discover areas of your life that require restoration ? Learn how to become more empathetic ? Recognize moments to be more vulnerable ? Be encouraged to share your story ? Improve your digital well-being ? Work on your mental & emotional health ? Find new ways to lead with courage By the end of this book, you'll be well on your way to building more meaningful connections both online and offline, leaving you filled with a newfound courage to connect.

the wellness cafe podcast: Spicebox Kitchen Linda Shiue, 2021-03-16 A renowned chef and physician shares her secrets to a healthy life in this cookbook filled with healthy recipes that will fuel and energize your body and mind. I like to think of a spicebox as the cook's equivalent of a doctor's bag--containing the essential tools to use in the art of cooking. Learning to use spices is the best way to add interest and vibrancy to simple home cooking.—from the Introduction In her first cookbook, chef and physician Linda Shiue puts the phrase let food be thy medicine to the test. With 175 vegetarian and pescatarian recipes curated from her own kitchen, Dr. Shiue takes you on a journey of vibrant, fresh flavors through a range of spices from amchar masala to za'atar. With a comprehensive Healthy Cooking 101 chapter, lists of the healthiest ingredients out there, and tips for prevention, Spicebox Kitchen is a culinary wellness trip you can take in your own kitchen.

the wellness cafe podcast: Blondie Without Borders Christine Seibold, 2021-09-11 I have been on a journey to find love my whole life. Little did I know, it was self-love that I really needed! I can remember the first crush I had on my classmate Matty Jones all the way back in preschool. I have always longed to feel that special love from another man. Not to say that my parents don't love me; they love me very much. But it is a different kind of love that I have always yearned for, a deeper connection. But the journey to finding this love has not been easy. Sometimes I look back and think to myself, how are you still alive? Some of the stories that I have shared in this book are unbelievable, but they are all real and they all happened to me. I truly believe we are put on this Earth for a reason, whether it is to teach and influence others with our message or to help others in a different way. I hope my stories help you, make you laugh, and teach you an invaluable lesson. I want you to know that it is never too late to improve or change whatever you may want in your life. You can be anyone you want to be, and do anything you want to do, and it is never too late to start. And most importantly, it is ok to say no and to set boundaries if something or someone is not good for you or aligned with what you want in life. Christine Seibold has been a huge advocate for supporting women and their entrepreneurial goals ever since she opened her own business, Freelance N Freedom, in 2018. Her why for writing this book is to share her message and life lessons about the importance of boundaries and what happens when there are none. She talks about difficult situations in her life that she fought through and overcame to show women that no matter what they face, they can always move forward and have a little bit of hope. At the end of the book, Christine shares her method of how to set healthy boundaries and also provides some space for journaling and self-reflection. She wants women to know that they are enough just the way they are, and that it is ok to set boundaries in relationships, with work, with self-care, with money, with food, with alcohol, or whatever else may cross their path.

the wellness cafe podcast: I'll Be OK, It's Just a Hole in My Head Mimi Hayes, 2018 True story of Hayes sudden brain hemorrhage at twenty-two - and the heartache and strength that it took

to overcome it.

the wellness cafe podcast: *FASTER Way to Fat Loss* Amanda Tress, 2019-05-20 Are you one of the millions of individuals who have tried every fad diet on the market, and still can't meet your goals? Or maybe you're killing yourself at the gym, spending hours on the treadmill to maintain the perfect number on the scale. Regardless of your failing strategy, you're feeling exhausted, discouraged, and uninspired. Enter *The FASTER Way to Fat Loss*, a behind-the-scenes look at the lifestyle sweeping the health and wellness industry. Since the creation of the program in 2016, the FASTER Way has helped tens of thousands of men and women lose fat and regain confidence. Through the book, Amanda Tress, author and creator of the FASTER Way to Fat Loss, details the core components of the FASTER Way and dives into the science that backs them up. Please note: Purchasing this book does NOT include participation in the official FASTER Way to Fat Loss program. Program registration must be purchased separately at www.fasterwaytofatloss.com.

the wellness cafe podcast: *Juggling in High Heels* Lisa O'Neill, 2017-02-27 Modern lives are busy lives: work, family, friends, health, finance, and more. Find out how to manage it all - with gusto. Learn the art of juggling priorities with good planning, so you can feel on top of it all and can do more of what you want. Filled with helpful tips and advice for busy women, this book will help you find your way from chaos to calm!--Publisher website.

the wellness cafe podcast: *The 77 Laws of Six Pack Abs* Peter Tzemis, Stephen Campolo, 2021-10-05 Call me superficial, but the world has a unique response to a guy who walks around with a shredded six-pack. They know that you're someone special. Someone different. No matter how many times you've failed in the past or how bad your genetics are, carving a shredded six-pack is possible-with the right blueprint. The 77 laws is that blueprint. In this book, you'll discover: Law #42: Why I routinely take (and prescribe) a smoker's break to live longer, while carving ice cube abs almost on autopilot (this isn't what you think). Law #54: One almost-effortless activity you're already doing that can optimize your body's metabolism in less than thirty days-with one simple tweak (it's as easy as brushing your teeth every morning). Law #55: Mother nature's very own six-pack steroid to 10x your six pack results. Law #32: Our secret infamous six-pack shake recipe that controls hunger, accelerates fat loss, protects your muscle, prolongs ketogenesis, and creates a keystone habit that makes success automatic (it's so effective we only give this recipe to our private celebrity clients). Law #60: How Michael Phelps can consume 10,000 calories a day and not gain an ounce of fat. It's a three-minute hack you can do at home (without an Olympic-sized swimming pool). And much, much more!

the wellness cafe podcast: *Vegan Junk Food* Lane Gold, 2011-12-15 Did you know that Fruit Loops, Baked Lay's Potato Chips, and Cracker Jacks are vegan? Going vegan doesn't mean you have to only eat broccoli and tofu. It doesn't mean you have to eat healthy all the time. Most importantly, it doesn't mean you have to give up on eating just for fun. Everyone likes to pig out every now and then and vegans crave salt, sugar, and comfort food just like the rest of us. *Vegan Junk Food* provides 225 delicious recipes like: Barbecue Chicken Pizza; Chocolate Raspberry Muffins; Vegan Whoopie Pies; Hawaiian Rum Cake; Bacon Wrapped Water Chestnuts; and Jalapeno Poppers. With 2 inserts of full-colour photos, *Vegan Junk Food* will have readers hungry for more!

the wellness cafe podcast: *Create Your Own World* Sheila Inman, 2020-12-13 This is a 288-page workbook is for those who want to create change in their life. The book includes 21-mile maker spiritual challenges, and pro tips, that challenge your personal and intrapersonal skills. There are several journals(i.e gratitude, and self-love journal) that have been included for you to record meditations and growth.

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