



BOOK SUMMARY

Sustainable Wellness

By Matt Mumber, MD and Heather Reed

SUSTAINABLE WELLNESS LEADS THE READER on the journey of a lifetime. Based on the authors' experience in facilitating small groups and retreats for over a decade, the destination is a dynamic experience of balance with the external and internal environment that is called health. The philosophy of health and wellness presented is grounded in scientific evidence and personal experience. Personal stories from the authors are shared throughout the book to highlight specific points. Tools for practice are presented in the beginning chapters, including meditation, personality assessment, and life review. Each section concludes with a summary of important points, a detailed practice for further exploration and a list of practices that can be sprinkled throughout the day called Yoga Bits. These serve as potent ways to link the intention for health with the practical needs of the day.

The process and practice are key elements. Yet these are just part of the necessary integrative perspective required for the individual to see things clearly with new and fresh eyes. The work of healing and personal transformation is explored as a necessary ingredient to fuel a sustainable experience of balance and allow for change that will address imbalances before they result in chronic disease. When an individual is able to look calmly at parts of their life that they would rather not examine, often the challenging work of healing can begin. **Rather than a quick fix or fad diet, a life practice can be developed that is grounded in the cultivation of awareness.** This awareness is broad and includes all of the participants in an individual's life at all levels of their being: mind, body, and spirit, and at all levels of their experience: through the lens of the individual self, their culture, and the natural world.

As the awakened reader navigates the terrain of their life, appropriate applications of nutrition, physical activity, stress management, and spirituality can be implemented that flow from and through the individual, rather than being imposed upon them by some external force. Optimal choices are explored in dedicated chapters for all that we consume, how we expend our energy, manage stress, and connect with our highest and final concern.

A combination of consistent fresh perspective and the addition of new tools into one's life practice when needed results in sustainable change. By putting all of this together, the destination and the journey become one, in ways that often could not have been predicted at the outset, and will be as unique as each individual.

The book is designed as a guide and can be read by an individual or used as a foundation for group work. It can be especially helpful as a guide for groups that share similar experiences and can be used for wellness initiatives, either in corporate or medical settings, such as those needed in patient centered medical homes. It is practical and easily understandable to the lay public. The authors have a Website www.sustainablewellnessonline.com. This site includes further resources for practice and a method to contact the authors with questions. Individuals can register on the site and report their experiences with the book.