



PRAISE FOR: **Sustainable Wellness**

An Integrated Approach to Transform Your Mind, Body, and Spirit

By Matt Mumber, MD and Heather Reed
(250 words)

*The world has been waiting for this book. It is not just a support and self-care manual for living life in ways that sustain health and wellbeing; **Sustainable Wellness** guides the reader on an easy, steady and comfortable journey that makes the way going as joyful as any imagined destination.*

—JNANI CHAPMAN, RN BSN

Senior Staff member of Commonweal, Founder and Director of YCat Yoga Therapy Training Program

At last, a book that goes beyond a short-term 'feel good' approach to one grounded in science and filled with practical tools for a lifetime of vitality and joy. Sustainable Wellness will inspire you to take charge in caring for yourself... the time has come!

—SUSAN BAUER-WU, PhD, RN, FAAN

Author, *Leaves Falling Gently: Living Fully With Serious & Life-Limiting Illness through Mindfulness, Compassion, and Connectedness*; President, Society for Integrative Oncology

Sustainable Wellness offers a refreshingly mature and practical synthesis of wisdom from the field of integrative health care. The authors' genuine caring and experience shine through as they illuminate proven pathways to living with greater mindfulness and satisfaction, no matter what current health challenges we may face. In a crowded field, this book stands out as exceptionally reader-friendly and inspiring. I highly recommend it to all who wish to live life to the fullest.

—WILLIAM COLLINGE, PhD

Author of *Partners in Healing*, founder of the Touch, Caring & Cancer Program

From the voices of two masterful healers, readers hear the simple truths that enable us to achieve the health and wellness we so desire. Because Matt and Heather clearly serve others and navigate their own journeys of health and healing, their approach is simultaneously practical and profound. What I admire most about their work is that it leaves me with renewed confidence in myself as a healer. It's the most empowering feeling to recognize that "I am the healer I am seeking" and have the tools and knowledge to make it so!

—NANCY M. PARIS, MS, FACHE

President & CEO, Georgia Center for Oncology Research and Education (Georgia CORE)

*In **Sustainable Wellness**, Dr. Matt Mumber draws on his many years of personal and professional experience to offer a powerful, inspiring approach to creating sustainable body/mind/spirit health and wellbeing. His vision of whole-person medicine is a gift for anyone seeking a healthier, more authentic, and more fulfilling life. Individuals, and medicine as a whole, will benefit greatly from his wisdom, caring, and insights.*

—JEREMY GEFFEN, MD, FACP

Medical oncologist and author of *The Journey Through Cancer: Healing and Transforming the Whole Person*

Dr. Matt and Heather Reed understand that achieving and maintaining sustainable wellness requires that we go beyond the current doctor (teacher) and patient (submissive sufferer) paradigm. This wonderful book artfully explains why health starts within oneself; a patient-centered approach to care is best achieved with true physician collaboration; and self-efficacy can be practiced and beneficial in myriad ways, based on each person's unique makeup.

—GLENN SABIN

Cancer Survivor and Founder of FON therapeutics

Sustainable Wellness is a breath of fresh air in the health care field. Clearly written with simple suggestions, it opens the door to recognizing that wellness is available... right now!

—JANICE L. MARTURANO

Executive Director, Institute for Mindful Leadership

As the spouse of a 10 year cancer survivor and as a collaborator with Dr. Mumber, I have seen his integrative approach to Sustainable Wellness at work in two different aspects of my life and that of my wife. I'm delighted that he and Heather Reed have written this book, so that you don't need to have cancer or engage in a research project to learn these life tools. I have been surprised and impressed by the power that these tools provide in my life.

—JOHN GROUT

The David C. Garrett Professor and Dean of the Campbell School of Business, Berry College

This is a book which is filled with the wisdom of a caring physician whom I have known for many decades. He lives the sermon and his experience and words can coach and guide you through the choices and difficulties life presents to us all. We can choose to let love into our prison and with the wisdom contained here create a new life and self whom we can love; thus giving our bodies a live message and reaping the physical benefits of a healed life.

—BERNIE SIEGEL, MD

Author of Faith, Hope & Healing and A Book of Miracles

Matthew Mumber, M.D., aka Dr. Matt, continues his life's passion for Integrative Medicine using his remarkable balance between the highly technical work of Radiation Oncology and his genuine caring and love for the whole person he is treating. This insightful book is more than a formula or recipe for health, but rather a fundamental philosophy of life with realistic and practical techniques for implementation. Dr. Mumber has found the perfect collaborator in Heather – the medical scientist and the ever-aware and deeply feeling yoga professional. Both have clearly learned from the other and the combination is a powerful gift to the reader.

—BILL TODD

Professor of the Practice, College of Management, Georgia Tech; past President, Georgia Cancer Coalition

Dr. Matt and Heather draw on their experiences and practices to provide a well marked path to health. This book gives the reader confidence and inspiration to follow their own journey to wellness. I highly recommend it to all who wish to find that most elusive jewel of life: balance.

—Ken Davis MD, CEO Harbin Clinic LLC

Sustainable Wellness by Dr. Matt Mumber and Heather Reed is a must read book for all. They have written a captivating book that is easy to read and full of great advice! They clearly describe practical ways we can all improve ourselves and become healthier and happier human beings. They cover in detail the ways to reach sustainable wellness through nutrition, physical activity and stress management.

—Omer Kucuk, MD

Professor of Hematology-Oncology and Urology; Leader, Prostate Cancer Research Program; Director, Multidisciplinary Genitourinary Oncology Group; Chief, Genitourinary Medical Oncology Winship Cancer Institute, Emory University

Matt Mumber and Heather Reed have taken the heart of integrative medicine and put it into action by reflecting on their life work and writing this beautiful book together. With inspiring teaching stories, thoughtful questions, and practical exercises they teach us how to get well or stay well.

—Victoria Maizes, MD

Executive Director, Arizona Center for Integrative Medicine
Professor of Clinical Medicine, Family Medicine, and Public Health, University of Arizona

Sustainable Wellness removed me from my frightening path of cancer. It brought my mind, body, and spirit back to living. I am a lady in my 60's and for the first time in my life I "really wrapped my mind around the concept of breath." I finally understand the gift of breath being with me from my moment of birth until my last breath at death. I finally understand the respect my breath is due from me as an individual. Now I can close my eyes, take conscious breaths in and out, and physically and spiritually rejoice at the sounds, feelings, and wellness my breath provides me throughout each day. The program taught me how to cultivate awareness for the remainder of my time. I thank Dr. Matt and Heather for sharing the warmth in their hearts and the knowledge in their minds. They gave me the support that I needed to once again "see the light" on this beloved earth and to trust bringing conventional, complementary and alternative medicine together. I found my smile again!

—LINDA GRAY

Group and Retreat Participant