

WELLNESS FOR A LIFETIME

Award-Winning Physician and Prominent Yoga Healer
Present a Transformational Guide

“Sustainable Wellness describes a larger medicine, one that includes the tremendous healing power rooted in the natural world and our own internal resources. This is the next step in the evolution of health care.”

—DR. ANDREW WEIL

San Francisco, CA (September 15, 2012) — Written by a renowned physician and a popular yoga and meditation teacher, *Sustainable Wellness: An Integrative Approach to Transform Your Mind, Body, and Spirit* presents a new path to a lifetime of physical and emotional wellness.

The book’s release this fall is perfect timing for those who seek improved physical health, better ways to manage stress, and a greater sense of inner peace and wellness—and, don’t we all?

A simple, powerful, effective plan, *Sustainable Wellness* is comprised of a series of techniques, supported by scientific study, that help readers make the adjustments needed to rebalance themselves as they move through the stages of life. From mindfulness to self-awareness, life review and planning to nutrition, physical activity, stress management and spirituality, *Sustainable Wellness* is a holistic guide to reclaiming health on all levels. Readers learn how their daily choices affect their health, and how they can let go of destructive habits and embrace a new way of life.

In the fascinating, easily grasped chapters, the authors lay out tested methods and ancient practices, personal stories of triumph, and daily exercises that light a path to sustainable wellness.

For nearly a decade, award-winning radiation oncologist Dr. Matt Mumber and yoga instructor Heather Reed have led retreats for people facing health challenges of all

kinds. Participants in their eight-week Sustainable Wellness programs have created remarkable health benefits in their own lives.

Dr. Mumber said, *“The term ‘wellness’ describes more than just those periods of time between illnesses in our lives—it describes a lifestyle. Wellness is the result of making changes in your whole life, anchored by the understanding of the body as a whole system.”*

About the Authors

Dr. Matthew Mumber is an award-winning, board-certified radiation oncologist. He is co-director of the MD Ambassador Program and the Integrative Oncology Program at Harbin Clinic in Rome, Georgia.

Georgia Trend Magazine has named him a “Health Care Hero”. Mumber gives talks and leads workshops nationally, and writes extensively on integrative approaches to oncology, health, and wellness. He is the founder of the nonprofit organization, Cancer Navigators Inc.

Heather Reed has been teaching yoga since 1996. She specializes in using yoga and meditation techniques for people living with cancer, post-polio syndrome, and other chronic illnesses. Reed currently facilitates Cancer Navigators residential retreats and support groups in person and online from Austin, Texas.

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