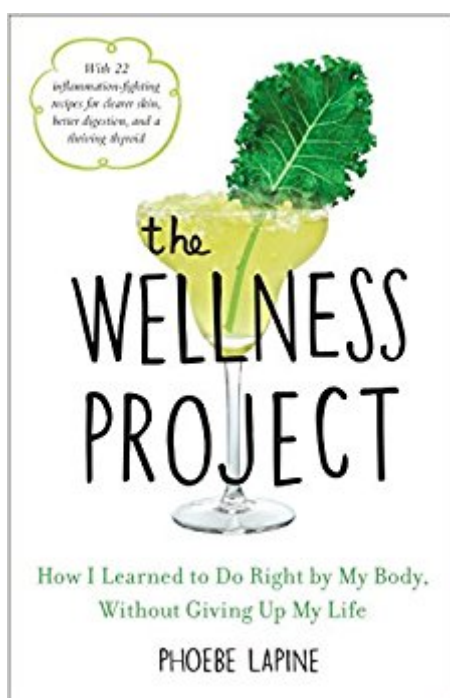


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# The Wellness Project: How I Learned To Do Right By My Body, Without Giving Up My Life



## Synopsis

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.

## Book Information

Hardcover: 384 pages

Publisher: Pam Krauss/Avery (May 16, 2017)

Language: English

ISBN-10: 0553459228

ISBN-13: 978-0553459227

Product Dimensions: 6.2 x 1.2 x 9.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 128 customer reviews

Best Sellers Rank: #21,868 in Books (See Top 100 in Books) #15 in Books > Medical Books > Basic Sciences > Immunology #22 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Immune Systems #798 in Books > Biographies & Memoirs > Memoirs

## Customer Reviews

"Making good food and lifestyle choices is the best medicine for curing what ails us. For those suffering from autoimmune or other chronic health problems, The Wellness Project is an invaluable look at how one woman learned to apply best health practices and still enjoy all that makes life sweet." — Terry Wahls, MD, author of The Wahls Protocol Cooking for Life

• "The Wellness Project is a smart, funny, and incredibly helpful guide to the complexities of not just what makes us sick, but what makes us well." — Robynne Chutkan, MD, FASGE, Integrative

gastroenterologist & best-selling author of *The Microbiome Solution* "I couldn't agree more with Phoebe Lapine when she says 'healthy choices can't happen in a vacuum.' This incredibly informative, delightfully human (and fun!) chronicle of her path to sustainable wellness is an inspiring read that makes living well feel approachable. Whether you're looking for support as you take an honest inventory of your health or are seeking inspiration for long-lasting changes, Phoebe has been there and done that and shares it all." — Julia Turshen, author of *Small Victories*

"As a practicing physician focused on how nutrition, prevention and wellness factor into today's cutting edge medicine, I'm constantly urging my patients to consider how the small daily choices we make impact our bodies. Like so many people with chronic conditions, Phoebe discovered that true healing begins with food. But through her year-long odyssey, she illustrates that our wellness is made up of so much more—the products we use, our daily movements, and how we tame stress out in the world. *The Wellness Project* is a must-read for anyone wondering how all these pieces fit together, and ready to tackle them in their own life." — Robin Berzin, MD, CEO and founder of Parsley Health

"If you're struggling to figure out why you're not feeling like you should, and are overwhelmed by all the wellness information online, then start your journey with *The Wellness Project*. Phoebe Lapine's experiments are fun and doable. You'll not only learn so much valuable information in this book, but you'll learn a lot about yourself and your potential for feeling good again!" — Alisa Vitti, functional nutritionist, hormone expert, author of *WomanCode*, and founder of FLOliving.com

"In her recipes, Phoebe always finds a refreshing balance between the practical and the indulgent, with foods that are both healthy and comforting. Her engaging debut memoir gives readers a roadmap for finding that same middle ground in all aspects of our lives. *The Wellness Project* is living proof that approaching every day with your body in mind need not be a compromise." — Jason Wachob, founder and CEO of mindbodygreen and author of *Wellth*

• "With a witty tone that'll have you laughing out loud, this book is a must for anyone wondering if drinking lemon water or giving up alcohol ACTUALLY makes a difference." — Mind Body Green

• "Not only do I respect Phoebe endlessly as a chef, I'm also in awe of her unique and refreshing approach to wellness. She manages to impart so much knowledge in an entertaining, non-preachy way, and you'll come away with many realistic tips for how to live your best life." — Serena Wolf, creator of *Domesticate Me*, and author of *The Dude Diet*

• "Phoebe is like *The Skimm* of the wellness world. She describes wellness as a journey not a destination and makes reading about health fun and accessible, which is so rare." — Alexandra Stafford, creator of *Alexandra's Kitchen*, and author of *Bread Toast Crumbs*

• "A great, funny, and down-to-Earth read. I loved every minute of it. There's something in there everyone can relate to (adjusting to

moving in with a boyfriend, starting an exercise regimen, regulating your cycle™). The recipes are easy and approachable, just like Phoebe's writing! • "Ali Mafucci, creator and best selling author of *Inspiralized* and *Inspiralyze Everything* œPhoebe's book, *The Wellness Project*, has been a faithful companion over the past month, a reminder that no matter how busy I am, it's ok to take a breath, ask myself what I need, and deliver that nourishment however possible. Without judgment. With love. Phoebe's words feel less like gospel, and more like conversation exchanged with a wise best friend. That friend who knows you, knows just what you need, and knows exactly how to make advice feel like innate wisdom you've known all along. • "Lily Diamond, creator and author of *Kale & Caramel* œI love Phoebe's 'one change at a time' approach...Her story is so inspiring and her book offers readers loads of practical advice. • "Pamela Salzman, author of *Kitchen Matters* œThis inspiring story about one 20-something's journey from illness to wellness is perfect for natural-living newbies, those on the fringe of going all in, and anyone looking for simple ways to improve their health without sacrificing life's pleasures. Part memoir, part game-plan, all good. • "The Chalkboard Magazine œAn engaging memoir about creating your own path to wellness. • "New York Post

Phoebe Lapine is a food and health writer, gluten-free chef, wellness personality, culinary instructor, speaker, and author of the award-winning blog, *Feed Me Phoebe*, where she shares recipes for healthy comfort food and insights about balanced lifestyle choices beyond what's on your plate. Lapine is a regular contributor to *Mind Body Green*, *The Huffington Post*, and *Food & Wine*, among other publications. *Feed Me Phoebe* was a finalist in the *Saveur Blog Awards 2015*. She lives in New York.

Truly an incredible read. So relatable for a 20 some year old woman in NYC looking to further her healthy lifestyle and tackle the thousand suggestions thrown your way on the numerous health and wellness blogs. The writing style makes for a great read and the honesty is truly admirable. All of the recommendations have proven to be great changes to my lifestyle! So appreciative for this book

good book

Good content and well written. Worth reading even if you not suffer from an auto immune disease .  
Love this book

I thoroughly enjoyed reading this book and gained so much helpful information and advice that I plan on using my wellness journey. A must-read for anyone looking for a practical way to live with and heal their autoimmune disease.

This book was great, I thoroughly enjoyed reading and learning during the 12 month journey. It inspired me to start making those little changes that don't seem like much individually but add up to a healthier life style and health/life balance!

Highly recommend! Such a wonderful read with practical insights and easy tips toward achieving a healthier lifestyle. The book has a natural flow and Lapine's self-deprecating humor and wit is present throughout. Really enjoyed reading this!

Great and interesting wellness tips

I love this book! It's a beautiful memoir dabbled with humour and lovely recipes! Would definitely recommend to anyone looking to change their lifestyle and anyone interested in healthy eating

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Diabetes Without Drugs The Body Project: Promoting Body Acceptance and Preventing Eating Disorders Facilitator Guide (Treatments That Work) Giving Voice to Values: How to Speak Your Mind When You Know What's Right The Keys to Our Success: Lessons Learned from 25 of Our Best Project Managers Getting to Yes: Negotiating Agreement Without Giving In Getting to Yes: Negotiating an agreement without giving in Getting to Yes: How To Negotiate Agreement Without Giving In Splitting Heirs: Giving Your Money and Things to Your Children Without Ruining Their Lives

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