



The Best of Healthy Living

Lori Brothers

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This is a compilation of fan favorites drawn from the author's weekly newspaper column and set in a conversational tone, as an exploration of health and wellness facts, stats, quotes and summaries. The book invites a deeper look at choices and patterns that can improve health and quality of living. The theme encourages changing habits, and challenges the reader to examine how personal betterment can truly be achieved for greater happiness and well being. The Best of Healthy Living is a collection of short reads offering inspiration, encouragement and education about living well. Columnist, Lori Brothers is a certified yoga therapist, wellness consultant and educator, who has been teaching healthy lifestyle concepts and yoga-based therapies for more than 20 years. Brothers is an enthusiastic voice offering heart-felt advice. By her readers' requests, she has created The Best of Healthy Living, which is now being offered to you for your enjoyment and personal evolution. Choice making can be a creative, connected and productive internal dynamic. Whether conscious or unconscious, all of your habits – the way you eat, sleep, breathe, play, pray, work, move, think, laugh, share, grumble, emote, care – are delivering the experience you are having right now. Brothers wants you to know that you are the sum total of all of your patterns. You can activate powerful new choices for your health and your life, and rival habits and learned patterns that sabotage your well being.

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