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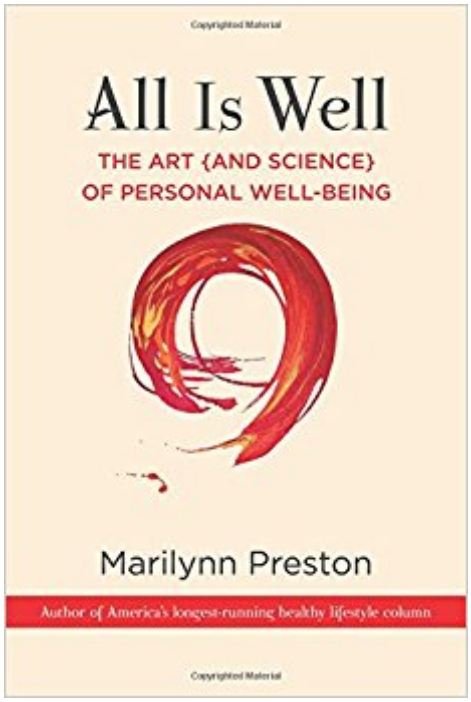
All Is Well: The Art Of Personal Well-Being



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Synopsis

When journalist Marilynn Preston started her fitness column in Chicago in 1976, most people thought yoga and yogurt were interchangeable terms and the mind-body connection was another name for the neck. Everything changes. We live in a healthy lifestyle world now, and in Marilynn's new book, All is Well: The Art of Personal Well-Being she offers readers a timely and provocative guide to living your best life-healthy and happy, juicy and engaged, alert to corporate predators and health hucksters of every stripe. Each chapter closes with a reader-friendly action step, Going Deeper, because at its core, All is Well is about lifestyle change-how it happens, and what you need to know to make positive changes in your life. The chapters are short and savvy, lively and opinionated: * Link Mind and Body. * Explore Endlessly. * Tweet Mindfully. * Make Your Getaway. * Raise an Active Kid. * Practice De-Aging. * Grow Your Gray Matter. * Be Your Own Uncle Sam. * "It's up to you, dear reader," Marilynn writes in the introduction. "I can inform, inspire, educate, amuse, cajole, and otherwise cheer you on, but when push comes to shove-two excellent ways to burn 100 calories-you're in charge of your own personal well-being. "And that's the good news, because the more you take charge and stay vigilant, the greater success you'll experience." From eating clean to going green, from losing weight to adding muscle, from living longer to dying more easily, Marilynn links body and mind to culture and politics. She has great empathy for readers who have tried and failed to realize their personal vision of well-being, but she knows you can always begin, again, and be successful. Sometimes you have to redefine success. And that's good, too. In her long-running weekly syndicated column "Energy Express," and now in her third book, All is Well, Marilynn offers readers a welcoming evidence-based path to more joy, greater health, and sustained happiness-three essentials of a healthy lifestyle. Three more, she writes, are crispy fries, good wine, and love, love, love.

Book Information

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Customer Reviews

Marilynn PrestonÃ¢â ¬â •journalist, healthy lifestyle expert, Emmy Award-winning TV producerÃ¢â ¬â •is the author of Ã¢â ¬Å“Energy Express,Ã¢â ¬Â• AmericaÃ¢â ¬â„¢s longest-running syndicated fitness column. In her engaging, opinionated style, Marilynn explores what it means to live a healthy, happy lifestyle. From eating clean to going green, she links body and mind to politics and culture, and always encourages readers to start where they are. Marilynn is an ACE-certified fitness trainer and certified Wellcoach, and she has written two other books, Ã¢â ¬Å“Dear Dr. Jock: The People's Guide to Sports and FitnessÃ¢â ¬Â• and Ã¢â ¬Å“Work Well, Be Well.Ã¢â ¬Â• She created, exec produced and co-wrote the nationally syndicated Ã¢â ¬Å“Energy ExpressÃ¢â ¬Â• TV series about sports, fitness, and adventure for kids and families. For this work, she won two Emmys and a Women's Sports Foundation award for outstanding programming. Marilynn is also the founding chair of a life-changing nonprofit called Girls in the Game. More than 20 years later, she still works as a relentless board member, helping girls get the healthy lifestyle training they need to become strong, confident, powerful women. Please visit www.girlsinthegame.org to meet the girls, hear thweir remarkable stories, and make a donation. (Told you she was relentless.) When Marilynn isn't writing, her healthy lifestyle routine includes yoga, race walking, strength training, kayaking, golf, cycling, wine tasting and as much adventure travel as she can fit in. She's circumambulated Mt. Kailash in Tibet, climbed Mt. Olympus in Greece, bicycled in France and Italy, golfed in Bhutan, and scuba dived in the YMCA pool in Chicago. Her next big adventure is getting people to read All is Well to create their healthiest, happiest lives.

This is a wonderful book! It is full of wisdom, humor, science, philosophy and compassion.While this book will have it's greatest value to those who have yet to fully explore how fitness, mind-body unity and inside out feeling of well being, it is a great book for anyone. As someone who has exercised, meditated, practiced yoga and pursued deeper understandings of consciousness I still found this book a kind and wise companion.The book is a collections of short essays and columns gleaned from the authors long history as a wellness and fitness columnist.. This makes it a companion book for anyone. Much has been written about how our connected high tech lifestyle has adversely affected our health and well-being - this book as well touches on this topic. The absolute beauty of

this book is that it is EXACTLY constructed to serve all of us who use smart phones.I think of myself as an "interstitial reader". I have some 150 eBooks on my large screen iPhone. So when someone texts that they are running late for lunch or I find myself waiting for something or someone, I simply open up my Kindle App and read. The problem with this is that with novels I have to go back a few pages to reconnect with the narrative. With non-fiction I have to do the same to remind myself of what is being proposed. With "All is Well" the length of each column is perfect for a quick, motivational read at any time of the day. Since this book is structured around the four seasons, this means that it can be a one year companion of wisdom and inspiration for anyone who carries a smartphone today. A perfect combination of ageless wisdom served up for our fast-paced high tech world. Bravo!

What a terrifically written inside view of all the ways you can live a more conscious, healthy and beautiful life. Now that our world is being run by amateurs, Preston's writing, based on forty years of experience, seems all the more valuable and timely. She is the best kind of know-it-all, from physical fitness, to mental sharpness, to smart eating, to the heart of meditation. Her delicious sense of humor makes delicate subjects like your doctor's total ignorance of diet and exercise, and how to begin an end-of-life conversation clear and compelling. Her wisdom and range of subjects is vast: I may never take up race walking myself, but now I'll know it when I see it coming towards me. And I'm pretty sure I've eaten my last non-organic apple. Thanks, Marilynn.

A delightful, playful way to get across great ideas for a happy, healthy, and fulfilling life. A must-read from an authoritative source - after 40 years of writing on this subject, Preston really knows how to live it, and she lovingly shares this with us so we can ALL live a life we love.

All is well? Yes! when you see it from this smart, upbeat and humorous perspective. (Even an indoor plant finds herselfbuying a serious pair of walking shoes. And could I be feeling a little pull when I walkby our neighborhoodÃƒÂ¢Ã â ¬Ã â„¢s communal garden?)This is an essential addition to the collective wisdom of well being.Have we ever needed it more?

I love this book. It doesn't judge me for not being as fit as I'd like or doing much about it. It makes me laugh at myself and the social pressure and political correctness I accept automatically. Its wit lightens my inner critic up enough that I'm more willing to take another look at the habits that foil my intentions. And mostly I love this book for opening the door to loving myself and my body just as we

are. From that place, it’s actually fun to do some stuff that makes us feel ever better. Thank you, Marilynn Preston for putting your love, talent, insights and practical guidance all in one place - in this handy format. Elsie Maio

Early in the book, Marilynn described a fairly easy exercise attempt as a near death experience. My reaction: "She gets me." It was then that I knew I would read this book to the very last page, and I did. I could see myself being successful in moving further down the path to personal well-being. Marilynn is just so relatable. Her observations are down-to-earth and non-judgemental. What I loved most is that her suggestions are easy and actionable. Wow. I decided to try her tips on power walking and I lost a dress size in just one day. OK. That’s not true. But here’s what is true: I BELIEVE I will be successful in losing that dress size not because I’m overweight but because the tips really improved my posture and I can feel growing strength in my core. And butt. Definitely my butt. We ate out for dinner tonight and I made one slight adjustment in my food choices. And I felt great about it. The endorphins are raging! Who knew? The point is that in Marilynn’s world, it’s about micro-steps. Here’s the bonus: Marilynn’s world includes naps and wine. And stand-up desks. Her approach to personal well-being is achievable and affirming. It doesn’t get any better than that.

This was an easy read with a lot of wonderful reminders and suggestions. Preston is funny and insightful without being judgmental or preachy.I particularly liked her sections on de-aging and " living each day in a state of "unconditional joy." This will be a book to share with friends.

This book makes such good sense. With wisdom and compassion Preston speaks from her many years of knowledge and experience in the health and well-being world. We are guided and nudged and sometimes cajoled with wit and compassion. We are taken through the seasons with an array of healthful suggestions, techniques, and ideas to engage fully with our inner and outer being. I don’t feel judged by Preston when I fail to meet up with my aspirations, instead I feel supported and inspired to get up and go at it again.

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