



ESSENCE The Black Woman's Guide to Healthy Living: The Best Advice For Body, Mind + Spirit In Your 20s, 30s, 40s, 50s + Beyond

Editors of Essence Magazine

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From the African-American community's trusted authority, "Essence Guide to Healthy Living", is an interactive manual designed to help black women care for their bodies, minds and spirits. Covering both major health issues such as diabetes and heart disease and tackling everyday concerns from weight loss to balancing work and life, this handy guide has a reader-friendly tone, actionable service and chapters packed with checklists, inspiring real-life examples, space for journal entries and worksheets for readers to execute their own personal wellness plans. Developed with expert advice from leading physicians, nutritionists, fitness instructors, psychologists, spiritual gurus and other healthcare experts, "Essence Guide to Healthy Living" is designed to help black women lead healthier and better lives. This guide includes: step-by-step exercise plans; guidance for achieving emotional balance; tips for enjoying a healthy sex life; listing and explanation of medical tests; and, inspiring real-life weight-loss success stories.

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