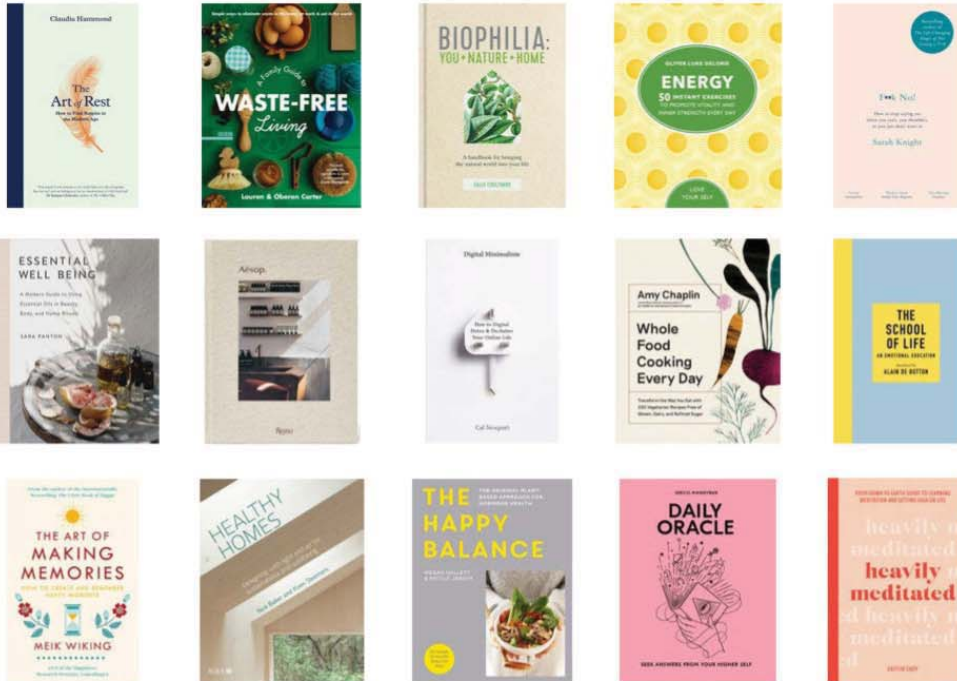




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wellness reads

Give your mind, body and home a boost with these inspiring new books



The Art of Rest by Claudia Hammond If rest makes you feel... restless, this book suggests relaxing research-backed ways to help you unwind. **A Family Guide to Waste-Free Living** by Lauren & Oberon Carter The best takeaway from this inspiring manual? Living sustainably doesn't have to be inconvenient, time-consuming or expensive. **Biophilia** by Sally Coulthard Create a more natural home and boost your wellbeing with Sally's interior decorating tips. **Energy** by Oliver Luke Delorie Packaged in this pocket-size book are 50 mindful exercises that are like quick pick-me-ups for when you're feeling rundown. **F**k No!** by Sarah Knight If you have a habit of saying 'yes' when you'd really rather not, these polite passes and clever comebacks will help you decline with confidence. **Essential Well Being** by Sara Pantoni This elegant tome covers all the ins and outs of using essential oils for self-care. **The Aesop Book** Beautifully bound in linen and filled with artistic imagery, this is a rare insight into the iconic Australian skincare company. **Digital Minimalism** by Cal Newport Want to stop mindlessly scrolling through social media – but can't give up cold turkey? Consider this the Marie Kondo method for your phone. **Whole Food Cooking Every Day** by Amy Chaplin If you're vegetarian, these plant-based recipes will elevate your usual repertoire. And if you're an 'I eat anything' kinda cook, they'll inspire you to experiment with new produce. **An Emotional Education** by The School of Life At last, a textbook on the topics they don't teach you at school, including how to handle relationship woes, face failure, build resilience and thrive at work. **The Art of Making Memories** by Meik Wiking Meik, the author of *The Little Book of Hygge*, wants us to live in the moment and hold onto happy memories (without posting them on Instagram). **Healthy Homes** by Nick Baker & Koen Steemers Advice for professionals and homeowners on designing sustainable, non-toxic spaces. **The Happy Balance** by Megan Hallett & Nicole Jardim Simple nutrition plans and recipes created to improve women's hormone health. **Daily Oracle** by Jerico Mandybur A fun gift for your astrology-obsessed friend with cosmic advice on every page. **Heavily Meditated** by Caitlin Cady If you've been meaning to start meditating, get yourself this practical, down-to-earth guide. 🌀