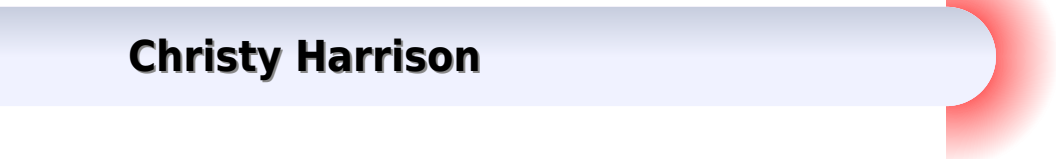




Apple Watch Water Test

Christy Harrison



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The Wellness Trap Christy Harrison, 2023-04-25 AS SEEN ON CBS MORNINGS THE NEW YORK TIMES THE CUT AND MORE SELF MAGAZINE S 1 WELLNESS BOOK OF 2023 A NEXT BIG IDEA CLUB MUST READ BOOK FOR APRIL 2023 A searing critique of modern wellness culture and how it stands in the way of true well being that will change the way you think about your health in all the best ways Casey Gueren It s not a diet it s a lifestyle You ve probably heard this phrase from any number of people in the wellness space But as Christy Harrison reveals in her latest book wellness culture promotes a standard of health that is often both unattainable and deeply harmful Many people with chronic illness understandably feel dismissed or abandoned by the healthcare system and find solace in alternative medicine as Harrison once did Yet the wellness industry promotes practices that often cause even more damage than the conventional approaches they re meant to replace From the lack of pre market safety testing on herbal and dietary supplements to the unfounded claims made by many wellness influencers and functional medicine providers to the social media algorithms driving users down rabbit holes of wellness mis and disinformation it can often feel like no one is looking out for us in the face of the 4 4 trillion global wellness industry The Wellness Trap delves into the persistent systemic problems with that industry offering insight into its troubling pattern of cultural appropriation and its destructive views on mental health and shedding light on how a growing distrust of conventional medicine has led ordinary people to turn their backs on science Weaving together history memoir reporting and practical advice Harrison illuminates the harms of wellness culture while re imagining our society s relationship with well being

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