



## The Book of You

*Nelli Lahteenmaki, Nora Rosendahl, Aleksii Hoffman*

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Give The Book of YOU one minute of your time each day and achieve a happier, healthier, more fulfilled life. Change can be hard and rarely happens overnight. The aim of this book is to empower you to make change happen. The Book of YOU contains 365 micro-actions, one for each day of the year, grouped under four areas - Food, Mind, Move and Love, for example: LOVE: Smile at a Stranger: Has someone ever suddenly smiled at you on a busy street? Remember the feeling after the initial surprise? Today when you are out and about, smile at a stranger. MIND: Set a Go-To-Sleep Alarm: We use alarm clocks to get us up in the morning, but for many the challenge is actually the night before - hitting the sack early enough. Tonight, decide on a bedtime and set an alarm for when it's time to go to sleep. FOOD: Go Nuts: Pay homage to the wonderful world of nuts. They're deliciously diverse in flavour, packed with protein, essential good fats and minerals, and will give you an energy boost. Try just a small handful today as a snack, or added to a meal - pecans on porridge, pine nuts over pasta or crushed walnuts over a salad. MOVE: Activate Your Abs: While you are for example making breakfast or on the bus, pull your belly button in. This activates your deep abdominal muscles that are usually asleep, which is amazing for your lower back to provide support. The action host contributors to The Book of YOU include chef Jamie Oliver, productivity expert and author of Small Move, Big Change Caroline Arnold, fitness trainer Jamie Sawyer, neuroscientists Dr Tara Swart and Dr Darya Rose, and fitness guru Dani Stevens. Life is not about how many steps you walk, how many calories you eat or your place on the leaderboard. Life is about feelings, moments, shared experiences; enjoying every victory, celebrating balance and showing vulnerability. Complete just one micro-action each day - eat more fruit, take the stairs, do a random act of kindness - and it will help you live a happier, more fulfilled life.

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