

# Welcome!

This isn't your typical holiday gift guide. Let me explain...

With the holidays upon us, we can often let our healthy habits fall by the wayside during this busy time of year.

This book intends to help you (or someone you know) get on track or stay on track with their health and wellness through thoughtful, health-promoting gifts.

In this book you'll find over 30 products hand selected by me. Each product falls under one of the 4 pillars of health: food, sleep, movement and stress management.

The 4 pillars of health work in unison and when we prioritize real food, ample sleep, daily active movement, and effective stress management techniques it's the ticket for increased energy, weight loss, more confidence, less stress, and overall insurance for long term health.

I personally use (and love) these products and/or they come recommended by the health and wellness experts whom I trust. Whether you're buying for someone else or writing your own letter to Santa, I hope you find

inspiration from these curated gifts.



**Happy, healthy holidays,  
Abby**

*Merry Christmas*