



The Wellness Project

Phoebe Lapine

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Blogger Phoebe Lapine takes an entertaining and ultimately informative look at the struggle to strike a balance between self-care and self-indulgence.

After being diagnosed with an autoimmune disease in her early twenties, Phoebe Lapine bounced from one extreme “healthy” regimen to the next, only to see mixed results and a life of deprivation that seemed unsustainable at best. Her conclusion: While diet is essential to good health, there is a lot of misinformation out there, and eliminating life’s epicurean and other pleasures is the enemy of success. In *The Wellness Project*, Lapine devoted a year of her life to exploring a broad spectrum of health directives, from eliminating sugar to restocking her makeup bag with all-natural, green beauty products, to help women discern which lifestyle changes can be truly effective and which are misguided, ineffectual, or worse. Part memoir, part research and reflection, *The Wellness Project* is thoughtful, lighthearted, and even funny, yet contains real service content for readers looking to improve their health without sacrificing life’s pleasures.

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