



BOOK REVIEW:

Sustainable Wellness

An Integrated Approach to Transform Your Mind, Body, and Spirit

By Matt Mumber, MD and Heather Reed
(250 words)

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

Sustainable Wellness is the product of a unique partnership between Matt Mumber, MD and Heather Reed, a radiation oncologist and a yoga teacher, respectively. In collaborating for a decade, “Dr. Matt” and Heather have demonstrated the importance of focusing on the whole person, not just the illness or the body, in achieving optimal health. Drawing on their insights learned and skills honed over years of co-facilitating retreats for people facing health challenges, Dr. Matt and Heather have written a book, predominantly (and remarkably) in one voice, to help anyone seeking to improve their health, wellness, or sense of well-being. Refreshingly, the authors do not provide a recipe for a perfect life; rather they recognize that there will always be imbalances in our health and wellness—the key is to recognize and act on those imbalances. The authors assert that the path to fostering and sustaining wellness requires work, and they challenge us to transform ourselves to preserve our connection to self, culture, and the natural world. They contend that transformation requires letting go of judgment of self or others, being able to tolerate uncertainty, is highly individual, and must be an all-or-nothing commitment. They write that while transformation must be internally motivated, it is possible to use externally-imposed tools. To that end, each chapter of *Sustainable Wellness* provides the reader with both guidance and practical practices, which include reflection, meditation, yoga, community action, and experiences in the natural world. This book is a much-needed resource in our fast-paced, achievement-oriented culture.