

# The Whole Cure: 52 Essential Prescriptions to Overcome Overwhelm, Reclaim Balance and Reconnect with a Life You Love!

[Dr. Jennifer L. Weinberg MD MPH MBE](#)



In [The Whole Cure](#) Dr. Weinberg provides a complete toolkit for creating subtle shifts and radical changes in your outlook, daily habits and life that will lead to abundance, acceptance and growth! You will be inspired to live your purpose, turn fear into joy and live a life you love with grace and ease. As you shift your mindset, you will notice miraculous shifts in your thoughts, words, actions and energy. As you work through Dr. Weinberg's clear yet awe-inspiring prescriptions, you will uncover what has been holding you back from truly having the vibrant, healthy, balanced body and life that you have always wanted! [The Whole Cure](#) provides a wonderful opportunity to become more present, calm, relaxed and reflective. Each chapter introduces a core inspirational concept which is crucial to vibrant health and a fulfilled, authentic and balanced life. The 52 carefully-crafted practical prescriptions take only a few moments to read and begin to implement, but each has profound and long-lasting impacts on your health and wellbeing. Uncover Dr. Weinberg's powerful and inspirational strategies for releasing fear, cultivating mindfulness, allowing gratitude, finding forgiveness and inviting love to flow towards yourself and others!

Available on [Amazon in paperback and Kindle](#). More details on the book, book tour, workshops, [speaking engagements](#) and the upcoming *The Whole Cure Workbook* and corresponding **group coaching program** can be found at <http://www.jenniferweinbergmd.com/wholecure>. Access your [Free Sample Chapters](#) today and start finding *The Whole Cure*!

## Three Tips:

1. Add gratitude into every day by taking time to reflect on at least three new things you appreciate.
2. Happiness is already within you. Meditate, do yoga, walk in nature or find another way that works for you to slow you mind so you can connect with it!
3. Consider playtime a mindfulness practice! Play is a great way to deliberately engage in the present moment and experience joy.



#### About the Author:

[Dr. Jennifer Weinberg, MD, MPH, MBE](#) is a preventive and lifestyle medicine physician, yoga instructor and the Founder of the [Simple | Pure | Whole Wellness Method](#). Her recently released book, [The Whole Cure: 52 Essential Prescriptions to Overcome Overwhelm, Reclaim Balance and Reconnect with a Life You Love!](#) guides you in reconnecting with your

authentic and passionate purpose and overcoming the challenges of everyday life! [Contact Dr. Weinberg](#) about achieving your Whole Cure™ by working with Dr. Weinberg or joining her upcoming **The Whole Cure Virtual Coaching Circle!** She offers [innovative online wellness and education programs](#) for individuals looking for sustainable optimal health and non-toxic living as well as health care providers seeking to embrace a transformative approach to health care and corporations wanting to integrate a holistic approach to corporate wellness. You can connect with Dr. Weinberg at her [website](#), [Facebook](#), [Instagram](#) and [Twitter](#).