15-Minute Wellness Blueprint

November 11, 2026
Small, repeatable wellness practices designed to fit into a busy day.

Inside this guide

- Review everyday routines that can influence how a day feels.
- Choose brief practices for movement, rest, or reflection.
- Build a routine that can be adjusted when circumstances change.

Who it may help

For readers looking for manageable ways to make space for personal well-being in a full schedule.

Putting the ideas to work

Start with one practice that suits your day and adapt it to your needs and any professional guidance you follow.

The ideas are starting points rather than one-size-fits-all instructions. Adapt them to your goals, circumstances, and available resources.

Book details

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Download availability: After payment, download the complete ZIP package or the included PDF separately.