



The Well Life: How to Use Structure, Sweetness, and Space to Create Balance, Happiness, and Peace

Briana Borten, Dr. Peter Borten

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Three simple principles for creating a balanced and satisfying life!

The secret to living an exceptional life--with fulfilling work and leisure, meaningful relationships, and time for oneself--is finding balance. Briana and Dr. Peter Borten have the strategies you need to achieve this all-important balance in your life--even in the face of chaos.

The Bortens focus on three fundamental principles of a satisfying life:

- **Sweetness:** Learn the importance of feeding your life, body, and soul
- **Structure:** Find out how intelligent structure can give you more spontaneity and freedom, and liberate you from an excessively busy existence
- **Space:** Carve out purposeful space, which allows for perspective--an understanding of the big picture and your place in it

By adding and maintaining sweetness, structure, and space to your life, you will be able to let go of the stress and tension that gets in the way of being happy, authentic, and fully present--living *The Well Life*.

"Briana and Peter are passionate creatives dedicated to helping others achieve clarity, productivity, and a life filled with blissful joy. Their work is a gift." --Marie Forleo, Founder of B-School and MarieTV

"Health is wealth and if you're ready to start living your most prosperous life, Briana and Peter are the leaders you want to learn from. This book is packed with lessons, stories, and tips that will change the way you live your life. Dive in and join the well life revolution." --Natalie MacNeil, Emmy Award-Winning Producer and Founder of SheTakesOnTheWorld.com

"*The Well Life* is a beautiful guide to living the good life, mind, body, and soul from two people who walk the walk. Peter and Briana Borten integrate knowledge of ancient healing traditions, the realities of our modern lives, and their own practical experience to unlock what it truly means to be well. This book is a healing journey." --Kate Northrup, Bestselling Author of *Money: A Love Story*

"*The Well Life* is a powerful primer on living as we were intended to live--under grace, all systems go, and in love. A great platform for living deliberately and creating consciously." --Mike Dooley, *New York Times* Bestselling Author of *Infinite Possibilities*

"Many of us find that we have come to a place in our lives where we have 'checked all the boxes'--career, home, family--and yet we feel sad, unfulfilled, anxious, or depressed. Good news: *The Well Life* is your medicine. *The Well Life* is not just a book, it is a roadmap--a poignant interweaving of personal stories, professional anecdotes, and crystal clear and implantable tools to help you live a life of abundance, balance, and happiness. *The Well Life* is an honest, nurturing, and inspiring inner travel guide for those on the road to seeking their highest purpose and most balanced and happy self. Read this book and apply its 'architecture' and you will see amazing results." --David Howitt, CEO of The Meriwether Group and Author of *Heed Your*

Call

"*The Well Life* is a balanced approach that will lead you to find a happy, satisfying life without feeling like you are making sacrifices. Briana and Dr. Peter Borten have mined their knowledgeable backgrounds to share health and wellness advice that aims to recognize signs of dis-ease before they become imbalances, helping to lay a foundation that will keep you well no matter what is happening in the world around you." -- Linden Schaffer, Founder of Pravassa and Author of *Living Well on the Road*

"If you're looking to break out of the excuses and experience more vitality than ever before, *read this book!* With their background in Eastern medicine and love of Western strategy, Briana and Peter lay out a beautiful prescription for more ease, joy, balance, and fulfillment in *The Well Life*. Quite frankly, if you put even just 5 percent of this book into practice, you'll create incredible results!" --Alexi Panos, Leader in the Emergent Wisdom Movement and Author of *50 Ways to Yay!* and *Now or Never*

"This is such an important book, and a must-read for anyone who feels like the sweetness of living has been replaced by struggle, exhaustion, or endless busyness. It will help you lay the foundation for a balanced life that allows you to truly thrive--body, heart, and soul." --Emily Joy Rosen, CEO of the Institute for the Psychology of Eating

"Exceptional! Don't waste one more minute reading the testimonials. Read the book. Briana and Dr. Peter Borten are experts at creating a Well Life. This book covers everything you need to know and do to become the best you and live a happy, fulfilling life!" --Andy Dooley, Creator of Vibration Activation

"Captivating and detailed, *The Well Life* offers a straightforward and vivid guide by providing a system that will bring individuals to their destination in life. *The Well Life* is an essential book for anyone who not only wishes to attain balance and happiness but to achieve the life of their dreams." --Izabella Wentz, PharmD, FASCP, Pharmacist and *New York Times* Bestselling Author of *Hashimoto's Thyroiditis: Lifestyle Interventions for Finding and Treating the Root Cause*

"*The Well Life* is a beautifully written book. Briana and Dr. Peter Borten have taken so much of the best wisdom and insights they know around health, lifestyle, and personal development and created an engaging and easy-to-follow path for a life that's truly well lived. This book is great food for both body and soul." -- Marc David, Bestselling Author and Founder of the Institute for the Psychology of Eating

"*The Well Life* is an exceptional guide to architecting a happy life. With humility, integrity, and a wonderful sense of play, Briana and Peter share the system they've created for living a life full of balance, love, and peace. By blending the best of Eastern and Western thought into an easy-to-follow system, *The Well Life* will help you create a life that's more rewarding than you ever imagined." --Elena Brower, Coauthor of *Art of Attention*

"This book is terrific. It gives us a very holistic approach that makes a lot of sense. Wellness has far more to it than just what we eat, and the Bortens really delve into the juicy stuff that betters us and makes life beautiful. I highly recommend it." --Dr. Pedram Shojai, Founder of Well.Org and *New York Times* Best Selling Author of *The Urban Monk*

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