

# PRAISE FOR **JAMIE GOLD'S WELLNESS BY DESIGN!**

*Wellness by Design – A Room-By-Room Guide to Optimizing Your Home for Health, Fitness, and Happiness*  
(Simon & Schuster) published in September 2020.

## Accolades earned by this first-of-its-kind book.

"With most of us spending more time at home, I'm excited about a beautiful new design book full of tips to refresh living spaces and encourage us to live healthier. Gold has studied connections between where we live and our total well-being and offers ideas—and terrific photo illustrations—in her book. She knows of what she writes."

### USA TODAY NETWORK

"There are lots of design books on the market that are great for serving up inspiration for creating beautiful, modern spaces in your own home but sometimes, they're not very realistic, attainable, or even relatable. Style and aesthetics alone won't bring happiness into your home. Instead, it'll be the behind-the-scenes elements that really matter, like the flow of a room, organization and storage, optimal lighting and incorporating smart technology. Thankfully this a great book that addresses all the above and more. This book will help you change how you feel in and about your home with functional, implementable tips that go beyond aesthetics."

### DESIGN MILK

"Healthy lifestyle changes begin at home. Available in print and audiobook, this comprehensive design guide offers simple ways to boost wellness in spaces of every size. Discover valuable tips and tricks for optimizing kitchen organization, introducing ergonomic design into a home office, and purifying ventilation systems to reduce the risk of airborne illness."

### THE PURIST

"78 of the best books to give as gifts. Whoever you're giving to – the foodie, adventurer, the wellness guru – you'll find ideas in our massive holiday gift books guide."

### THE GLOBE AND MAIL

[READ MORE QUOTES HERE](#)

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## AUTHOR JAMIE GOLD'S HEALTHY HOME INSIGHTS SEEN IN THESE MAJOR OUTLETS

The Washington Post

AARP®

THE WALL STREET JOURNAL

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WELLNESS BY DESIGN by Jamie Gold

BONUS CHAPTER | Online Exclusively | October 24, 2023

For Updated Original Book: Simon & Schuster (Paper-over-board, Kindle and Audio)

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