



Nourishing Wisdom™

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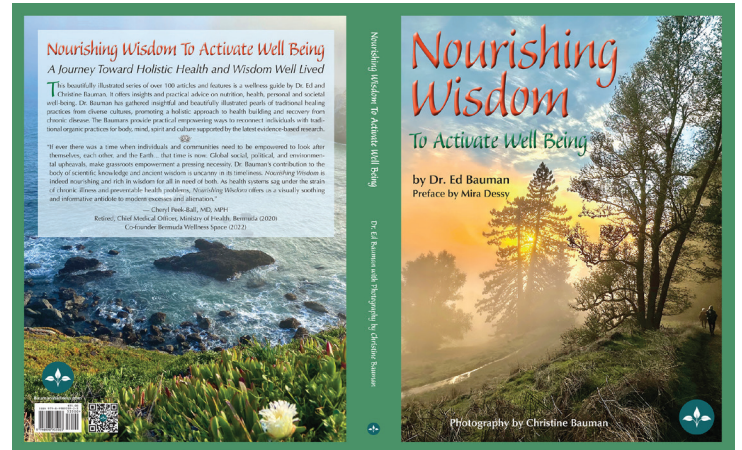
I am thrilled to release my latest book, **Nourishing Wisdom™ To Activate Well Being** co-created with my wife, Chris Bauman. Nourishing Wisdom™ offers sage teachings from ancient times to the present that speak about how to cultivate mindfulness to meet unwanted challenges. The galloping world crisis is a tempest that shakes our personal and collective security. In gaining inspiration through nourishing wisdom, we can secure our footing and protect our sanity by aligning with the earth, cherished values, and friends and family who make up our community of practice and service.

Self-healing is a vital survival skill that can be taught, learned, practiced and shared. It is a learning process rather than a pill or protocol to manage a troubling symptom. Medicine is vital for treating urgent and emergency illness. It is crisis management. **Nourishing Wisdom™** is a guide to living well to support healing, recovery and optimal well-being.

Imagine experiencing on a daily basis how good, resilient, kind, caring, and generous most people are. This is the hidden cultural renaissance that is occurring, away from the harsh new feed that saturates our minds. I cheer and encourage us to help each other out in any way that we can. We are a human family that transcends borders, politics and managed news. Injury, illness, and calamity brings out the most noble qualities of everyday human beings... being humane. Focus not on the failure of government to support people in need, but rather on the lesson learned and the collective consciousness that is awakening across the globe that reflect ancient and imperishable nourishing wisdom.

“We must all hang together,
or assuredly we shall all hang separately.”

— Benjamin Franklin July 4, 1776



Nourishing Wisdom™ is different from marketing, media, and sales-driven information which underlies much of today's social media marketplace. That kind of mind food is often unreliable at best, and toxic at worse. It contributes to one feeling overwhelmed, undervalued and unable to know who to trust and what to do. It can rob people of thinking for themselves and consulting with real people, rather than ChatGPT to problem solve.

Nourishing Wisdom™ To Activate Well Being is a collection of short, beautifully illustrated articles that one can read in any order to ingest content curated by Dr. B to encourage them to cultivate and trust their own *spiritual intelligence* (SI), to reconnect with the earth, as many people now suffer from a *nature deficiency disorder* (NDD), where they have lost touch with the wonder and value of being outdoors in the woods, mountains, or by a natural body of water. Rather than obsessive phone watching, taking time to sit and listen to the birds sing, feel the wind, and watch plants leaning toward the light is deeply calming and healing.

This book offers lovely articles on the principles and practices of natural healing and self-care. It reminds us that we have innate self-healing capacities that activate with a healing diet, lifestyle, and mindset. There are numerous chapters with recipes and remedies one can affordably incorporate into a daily routine to enable each person to grow out of physical, emotional, and mental unwellness. As it has been with all of Dr. Bauman's work, it is commercial-free, non-dogmatic, and understandable by people at all ages and stages of life and health.

Nourishing Wisdom™ is a gift to all who long for greater health for themselves and for their loved ones. One of Dr. Bauman's colleagues said, "If everyone listened to Dr. B and followed his wise suggestions, we would have world peace." Peace and healing are inside jobs. **Nourishing Wisdom™** offers a path to restore wholeness, sanity, and well-being. May it bring you and yours inspiration, guidance, and joy in the days to come. Let's restore well-being for one and all.

