



## RECHARGE, REFLECT, AND RESET WITH INDIGO'S BEST BOOKS ON WELLNESS

---

Toronto, ON (January 14, 2016) – Indigo (TSX: IDG), Canada's largest book, gift and specialty toy retailer, is pleased to announce its best book picks for optimal health and wellness.

“Well-being is the art of living mindfully, eating thoughtfully, living in the moment, and taking care of ourselves, each other and the planet,” said Heather Reisman, CEO and Chief Booklover, Indigo.

January marks not only the start of a new year, but the beginning of a healthier life for many Canadians. It is no secret that good health extends from the inside out, and prioritizing clean eating, active living and a more mindful outlook will help to create a healthier body and mind. Mindfulness is one such body-mind practice that has continued to gain traction in 2016. Research suggests that mindfulness - the state of active, open attention on the present – has the power to transform all aspects of life, from the foods people eat to the space they keep, to the very way they reflect upon the past and look toward the future.

Indigo's list of must-read books about wellness will help provide guidance on how to enhance tranquility in your physical and mental space, eat well and exercise right, and achieve contentment in the year ahead.

**HEALTHY FROM THE INSIDE OUT:** Improve your mental and physical health.

[\*The Lucky Years: How to Thrive in the Brave New World of Health\*](#) by David B. Agus

In *The Lucky Years*, a Heather's Pick, best-selling author and one of the world's leading cancer doctors and biomedical researchers David Agus unveils the brave new world of medicine, one in which we can take control of our health like never before and doctors can fine-tune strategies and weapons to prevent illness. Indigo CEO and Chief Booklover, Heather Reisman, will be in conversation with Dr. David B. Agus to discuss his new book at Indigo Bay & Bloor on January 14th. For more details please visit [indigo.ca/events](http://indigo.ca/events).

[\*The Body Book: The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body\*](#)  
by Cameron Diaz

Grounded in science and informed by real life, *The Body Book* offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. *The Body Book* does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

[\*Gut: The Inside Story of Our Body's Most Underrated Organ\*](#) by Giulia Enders

# !ndigo

For too long, the gut has been the body's most ignored and least appreciated organ, but it turns out that it's responsible for more than just dirty work: our gut is at the core of who we are. *Gut*, an international bestseller, gives the alimentary canal its long-overdue moment in the spotlight. Our gut reactions, we learn, are intimately connected with our physical and mental well-being. Enders's beguiling manifesto will make you finally listen to those butterflies in your stomach: they're trying to tell you something important.

**CULTIVATE MINDFULNESS:** Live your most meaningful life.

[\*The Art of Stillness: Adventures in Going Nowhere\*](#) by Pico Iyer

A favourite book of Indigo CEO and Chief Booklover Heather Reisman, *The Art of Stillness* considers the unexpected adventure of staying put, and reveals a counterintuitive truth: the more ways we have to connect, the more desperate we seem to unplug.

[\*Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life\*](#) by Jon Kabat-Zinn

When *Wherever You Go, There You Are* was first published in 1994, no one could have predicted that the book would launch itself onto bestseller lists nationwide and sell over 750,000 copies to date. Years later, this early and comprehensive introduction to the practice of mindfulness continues to change lives. Learn how mindfulness and meditation can help achieve inner peace and enrich quality of life.

[\*The Power of Now\*](#) by Eckhart Tolle

A contemporary spiritual master shows how living in the present leads to a happier, healthier, more fulfilling life. Much more than simple principles and platitudes, *The Power of Now* takes readers on an inspiring spiritual journey to find their true and deepest self and reach the ultimate in personal growth and spirituality: the discovery of truth and light.

[\*One Year Wiser: The Colouring Book\*](#) by Mike Medaglia

Reflect on the wisdom of the world's great thinkers while colouring in the beautiful hand-drawn illustrations of Huffington Post blogger and Zen Buddhist practitioner Mike Medaglia. The 52 illustrated meditations within this book will leave readers inspired by the words of thinkers from Mahatma Gandhi to Virginia Woolf, soothed by the meditative act of colouring, and empowered by a more mindful, calm, and creative approach to life. *One Year Wiser: The Colouring Book* is a book to fire the imagination, improve focus, and help readers stay creative, positive, and relaxed.

**REDUCE STRESS:** Find ways to reduce stress to increase contentment.

[\*Spark Joy: An Illustrated Master Class On The Art Of Organizing And Tidying Up\*](#) by Marie Kondo

Japanese decluttering guru Marie Kondo's *The Life-Changing Magic of Tidying Up* has revolutionized homes, and lives, across the world. Now, Kondo presents an illustrated guide to her acclaimed KonMari Method, with step-by-step folding illustrations for everything from shirts to socks, plus drawings of perfectly organized

# !ndigo

drawers and closets. She also provides advice on frequently asked questions, such as whether to keep “necessary” items that may not bring you joy. With guidance on specific categories including kitchen tools, cleaning supplies, hobby goods, and digital photos, this comprehensive companion is sure to spark joy in anyone who wants to simplify their life.

[\*The Life-changing Magic Of Tidying Up: The Japanese Art Of Decluttering And Organizing\*](#) by Marie Kondo

This #1 New York Times guide to decluttering your home from Japanese cleaning consultant Marie Kondo takes readers step-by-step through her revolutionary KonMari Method for simplifying, organizing, and storing. This international bestseller will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

[\*Color Me Stress-Free\*](#) by Lacy Mucklow

Research suggests that colouring has the ability to help relieve stress. This illustrated coloring book comes with 100 colouring templates to unplug and unwind. Other books in this series include Color Me Calm and Colour Me Happy.

## ABOUT INDIGO BOOKS & MUSIC INC

With books always at our heart and soul at Indigo we are about telling stories and creating experiences. Indigo is Canada's largest purveyor of ideas and inspiration to enrich your life, with books, specialty toys, gifts and lifestyle enhancing products that affordably offer intrinsic quality, beauty and timeless design. As the largest book and specialty retailer in Canada, Indigo operates in all provinces under different banners including Indigo Books & Music; Indigo Books, Gifts, Kids; IndigoSpirit, Chapters, Coles and the online channel, [www.indigo.ca](http://www.indigo.ca).

-30-

For more information please contact:

[Kate Gregory](#)

Manager, Public Relations

Indigo Books & Music

416-528-8932