9. Nourish: Mind, Body, Soul by Amber Rose, Sadie Frost, and Holly Davidson. Nourish is an all-encompassing health book that discusses the three most important aspects of wellness: mind, body, and soul. There’s tons of thoughtful advice to improve your well-being through food, exercise, and mindfulness. You will also find delicious recipes, meditation and yoga tips, and a 4-week exercise program to follow. Nourish: Mind, Body, Soul is absolutely beautiful, and it’s one I always enjoy flicking through when I need more balance in my life. 10. The Bikini Body 28-Day Healthy Eating & Lifestyle Our Books, Print Book Discounts. About Us. About CJ Hitz. Check out our current books published by Body and Soul Publishing below. Read books by CJ Hitz here: http://www.amazon.com/CJ-Hitz/e/B005KMBT1C. Read books by Shelley Hitz here: https://www.amazon.com/Shelley-Hitz/e/B004G7F2BA. “In Body and Soul, Alondra Nelson combines careful research, deep political insight, and passionate commitment to tell the little-known story of the Black Panther Party’s health activism in the late 1960s. In doing so, and in showing how the problems of poverty, discrimination, and access to medical care remain hauntingly similar more than forty years later, Nelson reminds us that the struggle continues, particularly for African Americans, and that social policies have profound moral implications.”—Rebecca Skloot, author of The Immortal Life of Henrietta Lacks. This book is a revelation. Alondra Nelson uncovers two remarkable histories in Body and Soul. Enjoyed Body and Soul immensely and have recommended to others. Perhaps my judgment is partially colored by fond memories of living in NYC at the same time as the time-frame of this book, but even so, it is more than just the era and the setting. Not only is the reader always rooting for Claude, the young musical prodigy, but also all the other characters are believable, and often downright entrancing, as is the plot.