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****FOR IMMEDIATE RELEASE****

A Brighter Future of Health and Happiness Awaits

NEW YORK—Nov. 9, 2021—Morgan James' new release, *Wild & Well: Dani's Six Commonsense Steps to Radical Healing*, by Dani Williamson, FNP, is a guide that helps people reclaim the health they were born with and live life to the fullest.

With a proven, six-step path to wellness, *Wild & Well* takes adults through a discussion of the modern state of health in America and how to reclaim their health, relationships, spousal intimacy, and confidence that they are wonderfully made. Filled with practical, easy ideas that anyone can do, *Wild & Well* is a golden resource that helps adults break free from the misinformation of today's society and rediscover how they were meant to live.

A brighter future is possible and with *Wild & Well*, readers are supported and encouraged by an entire community seeking that same healthy life. *Wild & Well* is written in real-world, relatable terms, made to be fast-paced and enjoyable, and reminds readers that they are not alone.

If you would like more information about this topic, or to schedule an interview with Dani Williamson, FNP please contact Claire Ratliff at claire@penguinpublicity.com or (615) 476-3200.

About the Author:

Dani Williamson is a Family Nurse Practitioner with a thriving functional medicine practice called Integrative Family Medicine located in Franklin, Tennessee. Dani is living, walking, breathing proof that there is a vibrant life after a "lifelong" diagnosis is handed down to you. For decades, Dani suffered from Irritable Bowel Syndrome, Lupus and on and off depression. It wasn't until after graduating from Vanderbilt and working in a naturally minded medical practice that a medical professional asked her a life-changing question: "Dani, what are you eating? Don't you know that your diet controls your disease?" But no, Dani did not know this, and she had never even heard this during nurse practitioner school. From that moment on, she has been on a tireless pursuit to transform her patient's lives through her six rules: eat well, sleep well, move well, poop well, de-stress well, and commune well. Today, she sees hundreds of patients every month in her clinic and reaches thousands of others through her Instagram as well as her weekly Facebook Live health show and private Facebook community with over 10,000 members.

More About This Title:

Wild & Well: Dani's Six Commonsense Steps to Radical Healing, by Dani Williamson, FNP will be released by Morgan James Publishing on November 9, 2021. *Wild & Well* —9781631955594—has 348 pages and is being sold as a trade paperback for \$29.95.

About Morgan James Publishing:

Morgan James publishes trade quality titles designed to educate, encourage, inspire, or entertain readers with current, consistent, relevant topics that are available everywhere books are sold.
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