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***Me Time Monday* uses neuroscience and nature to tackle the nation’s biggest wellness challenges: loneliness, diabetes, Alzheimer’s risk, caregiver burnout**

Author and gerontologist blends science, storytelling and time-saving solutions to help family caregivers find ‘me time’ for wellness and joy

NEWPORT BEACH, Calif. (August 22, 2023) – The U.S. Surgeon General recently issued a report that one in two American adults are lonely while other studies show diabetes (diabetes+obesity) is on the rise and mental health is on the decline. But help is here in a new book, [*Me Time Monday – The Weekly Wellness Plan to Find Balance and Joy for a Busy Life*](#), offering proven wellness practices that combine brain health with a multisensory connection to nature.

Authorpreneur and corporate gerontologist, [Sherri Snelling](#), provides scientific research, compelling stories and expert solutions in her second book specifically designed to help the nation’s 53 million family caregivers (which Snelling calls “Gen C”) but are effective for all adults who feel life is out of balance. The book is based on a decade of Snelling’s Me Time Monday™ wellness workshops for employer clients to help the 1 in 3 family caregiving employees address burnout.

“Despite the overwhelming amount of information on wellness, each year studies show we are less happy and less healthy,” says Snelling, CEO of [Caregiving Club](#) and also author of [*A Cast of Caregivers*](#). “I want to help readers ‘Marie Kondo’ their wellness routines to manage stress, anxiety, depression, choice overload, tech tyranny and to streamline and simplify self-care strategies so they are not self-defeating exercises.”

Readers will learn the behavioral science of Monday to create sustainable weekly routines and habits while exploring life’s seven elements (Physical, Emotional, Social, Intellectual, Environmental, Financial and Spiritual) to achieve equilibrium for better wellness and more joy. The book shows how to: address FOMO and to find Flow and JOMO (joy of missing out); explore biophilic nature design for home and office; crack the anxiety code; revolt against the Pajama Class to go from languishing to flourishing; gather a social convoy; understand how sleep requires less blue light and more pink noise and how a nutritious diet is based on rainbows and sunshine. *Me Time Monday* helps readers navigate through the marketing hype to tap into the neuro-happiness of nature for a personalized self-care plan.

[Book reviewers can request a review copy and learn more about the book, author and advance reviews here.](#)

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