

'Perfect does not exist' mantra gives women permission to pursue betterment



WRITTEN BY LAUREN GOLDMAN, GUEST REVIEWER
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"Healthy Heart and Mind: It's ALL a Practice" by Shanna Haun. (CreateSpace Independent Publishing Platform, 2013). Also available in Kindle edition.

It is the hardest thing about being a mom, a wife and just a woman in general: accepting life is not perfect. I'm not the perfect mom, I don't have perfect kids, and on top of that I can't even force myself to eat perfectly, let alone have the perfect body. But our society still promotes this happily-ever-after goal of the family in the Colgate toothpaste commercial: really white teeth, super shiny hair and absolutely no yelling. And that's what we aspire to.

But author Shanna Haun has given women the gift of permission in her book, "Healthy Heart and Mind: It's ALL a Practice." And I say permission because guess what? Shanna isn't letting you off the hook. It isn't a throw-caution-to-the-wind carpe diem let's hold hands and sing "Kumbaya" tale of women surrendering to their bodies and their lives. Instead, it is permission to dive into the sometimes scary, always challenging pursuit of better health and fitness. And to do it one small change at a time, and to not be perfect, and to fall and to get back up and to have hope that you can feel better and live better, no matter where you are starting from. And permission to start today.

Shanna's transparent take on the tale of her childhood, family and imperfect road to becoming a personal trainer and registered yoga teacher makes you feel like your own personal story has character. My childhood, my struggles, my story is no longer the reason I can't do this, but instead the reason I can. And the honest and thoughtful stories of Shanna's students confirm that if they can do it then I can do it, too.

In sharing her plan of eating, her go-to snacks and favorite healthy products, Shanna makes this healthy life doable in an every-single-day-kind of way. She tells readers that she doesn't prescribe her plan of eating to anyone, but shares it simply because people are curious. I like that — because I am one of those nosy people! On the first day I started the book I read about Shanna's lunch salads and I adopted the same for my own lunches. Now, more than a week later, I am getting loads more veggies than I did two weeks ago and it was just one small change. "No big life overhauls here," Shanna likes to remind the reader regularly.

"Perfect does not exist. Practice is highly achievable!" is Shanna's mantra. It turns my life into a Colgate toothpaste commercial overnight, simply by changing the goal. Instead of the white teeth, shiny hair, perfect mom goal, now I simply engage in living a healthier life, with self-loving efforts everyday — and that my friend is success!

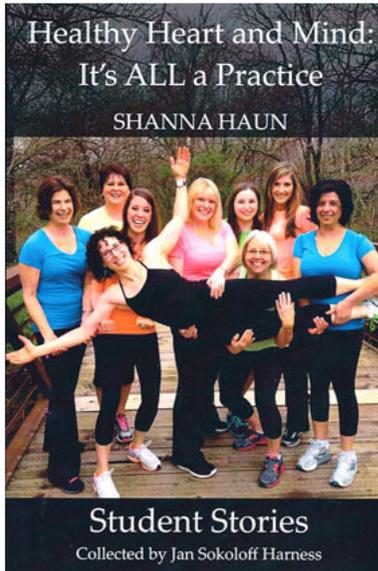
Lauren Goldman is the art director of KC Parent Magazine and blogs about her second adventure through childhood with her two young daughters at raspberryprairie.com. This article first appeared on her blog.

Shanna Haun's 'Healthy Heart and Mind'

The author of "Healthy Heart and Mind: It's ALL a Practice" Shanna Haun, is a registered yoga teacher with a certification from Temple of Kriya Yoga in Chicago. She has been teaching yoga and fitness classes since 2005 with an emphasis on making them approachable and accessible to students of all levels. Shanna is a member of Congregation Beth Torah and a native of Overland Park, and gives back to her community as an active volunteer. She received a B.A. in psychology from the University of Kansas.

The book launch celebration for "Healthy Heart and Mind" will take place at 6:30 p.m. Sunday, June 30, at Lululemon Leawood, 4555 W. 119th Street in Leawood.

In addition to the launch, the book is available on Amazon (in print and Kindle versions). More information can be found at the Haun's websites, www.HealthyHeartAndMind.com or www.ShannasHealthMap.com. She may be contacted at shanna@healthyheartandmind.com.



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