

New Book Boldly Calls Out Wellness Industry

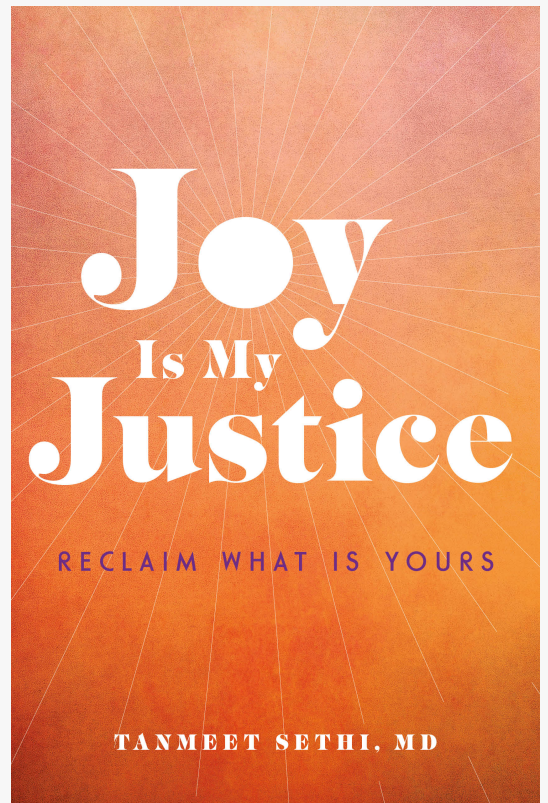
Tanmeet Sethi, M.D. disrupts the “whitewashed” wellness industry with an urgent call for Joy and equity in new book “Joy Is My Justice: Reclaim What Is Yours.”

SEATTLE, WA, UNITED STATES, May 2, 2023
/EINPresswire.com/ -- New nonfiction book [“Joy Is My Justice: Reclaim What Is Yours”](#) (Hachette, May 2, 2023) by mental health expert and debut author Tanmeet Sethi, M.D., is a radical wellness guide that makes space for all, not just the privileged, to discover Joy and healing. It’s available for purchase online and in bookstores starting today during Mental Health Awareness Month.

Rooted in powerful, relatable stories, potent guided exercises and meditations, and neuroscience, Dr. Sethi shares a profound truth, “Joy is liberation in your body—the truest Justice you will ever know.” If finding Joy has ever felt too hard, too much to hope for, or only for people who are “resilient enough” this book is for you.

New York Times bestselling author Resmaa Menakem says, “Joy Is My Justice is a book to experience with your whole bodymind. It is brilliant, profound, necessary—and a joy to read.”

Learn more about Dr. Sethi’s book launch and holistic health expertise on Instagram at [@tanmeetsethimd](#) or [www.tanmeetsethimd.com](#).



Joy Is My Justice: Reclaim What Is Yours Book Cover

“

Joy is liberation in your body—the truest Justice you will ever know.”

Tanmeet Sethi, M.D.

Tanmeet Sethi, MD, is a board-certified Integrative Family Medicine physician and Clinical Associate Professor at the University of Washington School of Medicine. She has spent the last twenty-five years on the frontlines practicing primary care, working in global trauma, and community

activism. Dr. Sethi has devoted her career to caring for the most vulnerable and teaching physicians how to care for these communities in the most humane and skillful way possible. She is a highly sought-after speaker and her TEDx talk offers a radical way to practice gratitude.

Marlene Mejia Weiss
Fearless Foundry
☎(971) 279-7614☎
[email us here](#)



Author Tanmeet Sethi, M.D.

This press release can be viewed online at: <https://www.einpresswire.com/article/631352585>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.