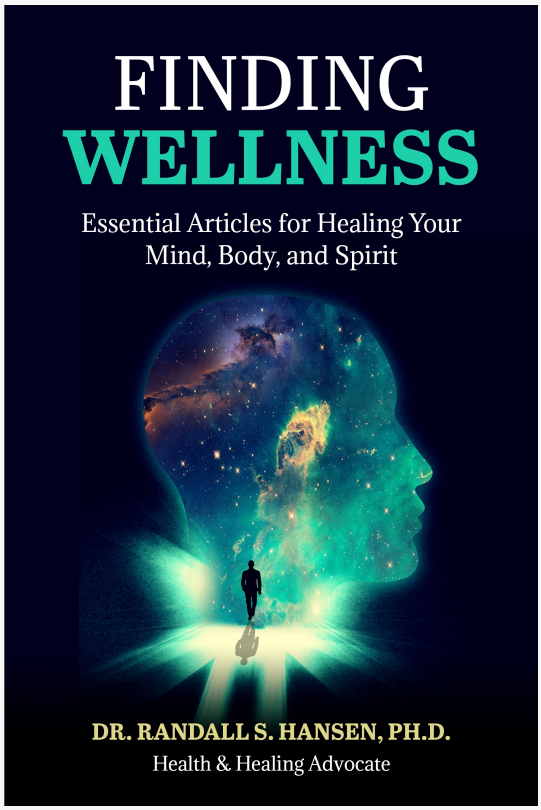
Two Books, Two Gold Medals: Wellness Author Dr. Randall Hansen Honored in 2026 Readers' Favorite Awards

Finding Wellness and The HEALing Revolution Diet honored in book awards competition for empowering readers with hope, healing, and practical wellness.



Finding Wellness

SPOKANE, WA, UNITED STATES, September 3, 2026 /EINPresswire.com/ -- Wellness educator, author, and founder of EmpoweringAdvice.com, Dr. Randall Hansen, has earned two 2026 Readers' Favorite Gold Medals, receiving top honors for both Finding Wellness and The HEALing Revolution Diet.
Finding Wellness: Essential Articles for Healing Your Mind, Body, and Spirit received a Gold Medal in the Non-Fiction Health/Fitness category, while The HEALing Revolution Diet earned a Gold Medal in the Non-Fiction Cooking/Food category. Both honors were awarded through the Readers' Favorite International Book Awards, an annual competition recognizing outstanding books across more than 150 categories.

For Hansen, the awards represent validation of a mission that has guided his work for years: helping people reclaim their health through a whole-person approach to healing.

"I am deeply honored to receive these awards," said Hansen. "More importantly, I am grateful that the messages behind these books are reaching people who are searching for practical tools, hope, and a path toward wellness. My goal has never been simply to write books, but to empower people to become active participants in their own healing journey."

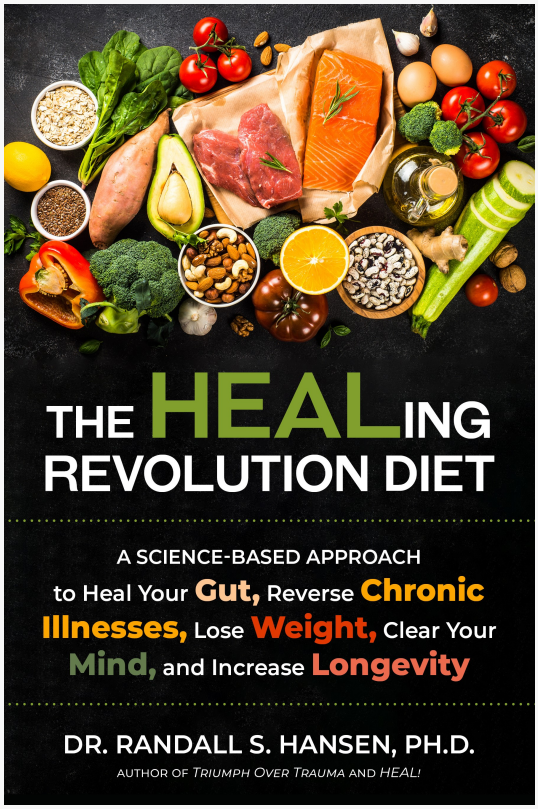
Finding Wellness brings together many of Hansen's most impactful articles on physical, emotional, mental, and spiritual well-being. The book offers readers practical strategies for improving health, overcoming challenges, and creating a more balanced and meaningful life.

The HEALing Revolution Diet presents Hansen's approach to nutrition and wellness, exploring

the connections among food, metabolic health, inflammation, and chronic disease while encouraging readers to make informed choices that support long-term healing.

Together, the award-winning books reflect Hansen's commitment to addressing wellness from multiple perspectives. His work emphasizes that true health involves more than the absence of disease; it requires nurturing the mind, body, and spirit while addressing the root causes of suffering and illness.

As founder of the HEALing Revolution and Healing Revolution University, Hansen continues to develop books, articles, videos, courses, and other educational resources designed to make wellness information accessible to all. His growing collection of resources focuses on trauma recovery, holistic wellness, healthy aging, nutrition, and personal empowerment.



The Healing Revolution Diet

"These awards are wonderful recognition, and I give all credit to God," Hansen added, "but they also reinforce the need for continued wellness education and advocacy. Too many people are struggling with preventable health challenges. If my books can help even a few people find hope, healing, and a better quality of life, then I consider that a success."

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>
> *Dr. Randall Hansen*

More information about Hansen's books, articles, and wellness resources can be found at EmpoweringAdvice.com.

About Dr. Randall Hansen
Dr. Randall Hansen is a wellness educator, author, speaker, and founder of EmpoweringAdvice.com. He is the creator of the Wholeistic Healing book series and the HEALing Revolution, a movement dedicated to helping people heal their minds, bodies, and spirits through education, empowerment, and practical wellness strategies.

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Both of Dr. Hansen's Books Won Gold Medals

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