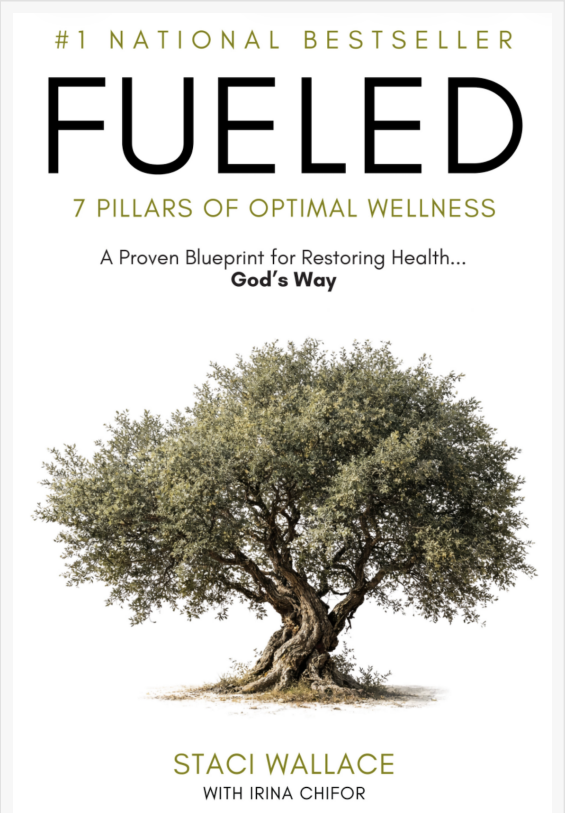
Leadership Strategist Staci Wallace Launches Amazon Bestseller Wellness Book with Fueled: 7 Pillars of Optimal Wellness

DALLAS, TX, UNITED STATES, September 8, 2026 /EINPresswire.com/ -- Author, entrepreneur, and leadership strategist Staci Wallace, CEO and founder of Fueled by Fire, has reached multiple Amazon bestseller lists with the release of her latest book, Fueled: 7 Pillars of Optimal Wellness, published by Game Changer Publishing.



Blending faith-based principles with practical wellness strategies, Fueled presents a biblically grounded blueprint for restoring health by addressing root causes rather than simply managing symptoms. The book challenges the cycle of fad diets, gimmicks, and short-term wellness trends by teaching readers how to rebuild their health through sustainable habits that align with the body's natural design.

At the center of the book is Wallace's 7 Pillars of Optimal Wellness, a practical framework that integrates nutrition, fasting, sleep, movement, mindset, and spiritual alignment into a holistic model for long-term transformation. Rather than focusing on restriction or temporary results, the book emphasizes discipline, stewardship, and lifestyle alignment to help readers restore energy, improve clarity, and strengthen overall well-being.

"This is not another diet book," Wallace said. "It's a faith-based roadmap for restoring health by reconnecting spirit, soul, and body with timeless principles that support the way God designed us to live."

The release comes at a time when many readers are searching for alternatives to highly processed foods, extreme health trends, and symptom-focused approaches to wellness. Throughout the book, Wallace addresses growing concerns surrounding fatigue, inflammation, digestive issues, brain fog, hormonal imbalance, weakened immune systems, and chronic stress—issues she believes are often connected to modern lifestyle patterns and disconnection

from foundational health principles.

In addition to practical wellness guidance, Fueled includes the Fueled 7X Challenge, a 49-day implementation plan designed to help readers apply the book's principles through intentional habits, clean nutrition, prayer, fasting, movement, and daily disciplines.

With more than three decades of experience in leadership development and business strategy, Wallace has helped entrepreneurs and executives build high-performing teams, and establish organizations that generate both financial success and lasting Kingdom impact. She is the founder and CEO of Fueled by Fire LLC, a global Kingdom-focused leadership movement dedicated to helping people build purpose-driven lives, businesses, and legacies.

Staci and her husband, Larry Wallace, are also the founders of Epiphany Ranch in Texas, a leadership and training center focused on spiritual alignment, wellness, and personal transformation.

Fueled: 7 Pillars of Optimal Wellness is now available on Amazon in paperback, hardcover, and digital formats.

For more information, visit StaciWallace.com.

Larry Wallace
Fueled By Fire
Media@FueledbyFire.com
Visit us on social media:
LinkedIn
Instagram
Facebook
YouTube
X

This press release can be viewed online at: https://www.einpresswire.com/article/940406319

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.
© 1995-2026 Newsmatics Inc. All Right Reserved.