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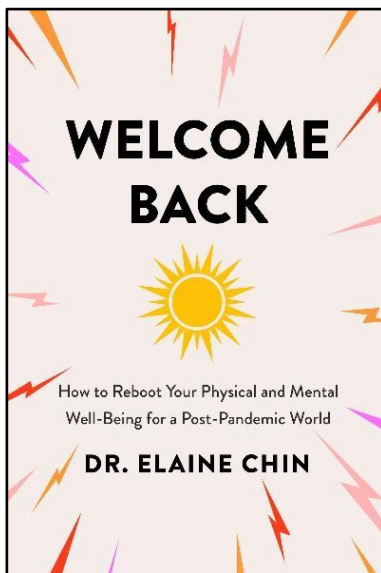
Welcome Back!
**How to Reboot Your Physical and Mental Well-Being
for a Post-Pandemic World**
By Dr. Elaine Chin

***** NOW A BOOKNET CANADA NATIONAL BESTSELLER *****

**#1 Self-Help/Health
Top 3 Non-Fiction Overall
#8 Overall**

&

one of Indigo's Top 10 Best Wellness Books of 2021!



Genre: **SELF-HELP / Personal Growth**
ISBN [softcover]: **978-1-989555-47-7**
Pricing: **\$19.95 [CAD]**
Release date: **September 28, 2021**
Distribution: **University of Toronto Press (Canada)**
Page count: **334**

About *Welcome Back*

Welcome Back! is your wellness partner, guiding you from languishing to thriving. This book puts the power of achieving optimal health in your hands. With do-it-yourself diagnostics grounded in personalized medicine, *Welcome Back!* will boost your sense of health, fortify your immunity and put an end to pandemic fears and anxiety.

As a trustworthy and credible voice across North America, Dr. Elaine Chin combines scientific evidence and a compassionate approach to support her clients in repairing and recovering from health setbacks and renew their health resiliency.

Wellness isn't a luxury – it's the foundation for enjoying all of life's offerings and something we simply must prioritize. In *Welcome Back!*, Dr. Chin shares actionable insights and strategies to reclaim your physical stamina and mental fitness in this post-pandemic world.

Praise for *Welcome Back*

“Ever wished your doctor would take the time to explain what is going on inside of you? Dr. Elaine Chin carefully and concisely outlines the impact of how we’ve lived during the pandemic, and examines the effect of COVID-19 on our bodies' systems and our mental health. But she doesn't stop there: Dr. Chin insightfully offers proven and realistic solutions to help us bounce back from our year of living dangerously. “ -- **Jane Francisco, Editorial Director, Hearst Lifestyle Group (*Good Housekeeping*, *Dr. Oz The Good Life* and *Prevention*)**

“*Welcome Back!*, Dr. Elaine Chin’s inspiring and informative new book, will help us make sense of the best ways to work towards a better state of well-being. Dr. Chin’s passion, knowledge, and commitment to a multi-dimensional approach to health will have a great impact on our efforts to achieve a brighter health future for ourselves and our loved ones.” -- **Rose M Patten, O.C., Chancellor of University of Toronto and Special Advisor for BMO Financial Group**

"Dr. Chin's book is a wonderful read that provides valuable scientific and medical information in an easy to read and actionable manner - it covers all aspects of wellness and what we can do individually to improve our physical and mental health on an ongoing basis. If you're going to read anything about your health, this should be at the top of your list." -- **Stephen Bear, Director Emeritus, McKinsey and Company**

About Dr. Elaine Chin



DR. ELAINE CHIN is the founder of Executive Health Centre, a premier Precision Medicine practice in Toronto. She is the author of the *Globe and Mail* Top 10 bestseller *Lifelines: Unlocking the Secret of Your Telomeres for a Longer, Healthier Life*.

Talking Points:

- The "Profile of a Pandemic Survivor" checklist - an assessment tool to take stock of the physical and mental damage of #lockdownlife
- Creating a "bounce back" plan you can actually stick to after a chaotic and traumatizing year
- Simple, proactive ways to make yourself less prone to the effects of stress
- Her experiences throughout the pandemic as a medical doctor who is *not* a frontline worker, and how she helped raise more than \$250,000 to secure and distribute masks for healthcare workers in Canada
- Which supplements, holistic therapies, foods, and exercises are worth the hype... and which ones aren't
- Understanding your physical, biochemical and brain "biomarkers" to unlock wellness from within
- The 3 things everyone can do, starting today, to reboot their post-pandemic mindset and lifestyle

About Sutherland House Books

Founded in 2017 by Canadian author and publishing executive Kenneth Whyte, Sutherland House Books specializes in narrative works of biography, memoir, history, business, culture, and current affairs for global English-language audiences.