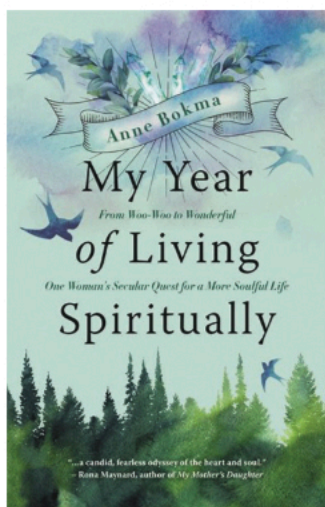




# spiritual BUT NOT RELIGIOUS

You may not consider yourself religious, but is that really true if you're still striving for purity in your diet or attending a spin class every Sunday morning, like church? You may actually be part of North America's largest growing faith group: 80 million people who identify as spiritual but not religious (SBNR). But what does that mean exactly? Writer Anne Bokma went on a journey to find out. In *My Year of Living Spiritually*, she documents the 12 months she spent trying everything from adopting a gratitude practice to giving up booze for Lent to attending a week-long witch camp. This is a must-read for anyone who may be looking for divinity at the end of a juice cleanse.

*My Year of Living Spiritually: From Woo-Woo to Wonderful – One Woman's Secular Quest for a More Soulful Life* by Anne Bokma, \$25

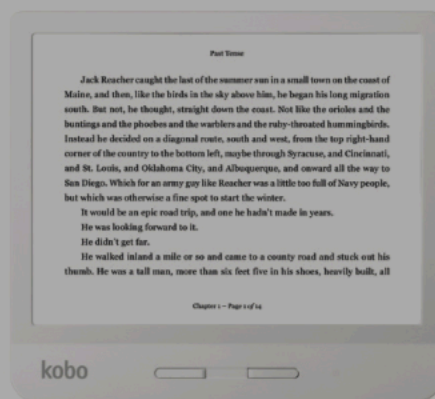


## GIFT GUIDE 3 for the WELLNESS WARRIOR



Not only is this the perfect grab-and-go for everyday aches (featuring four oil blends) but this chic vegan wallet is made by Samara, a brand that works with a charity to provide solar-powered lights to students in Africa.

**SAJE X SAMARA FARMACY REMEDY CONVENIENCE WALLET, \$90**



An ergonomic, waterproof design, a built-in light and a battery that lasts for weeks mean that you can plow through your reading list just about anywhere, including the tub.

**KOBO LIBRA H20, \$200**



This 15- to 20-pound blanket triggers brain receptors to release calming chemicals and mood elevators. Translation: calmer, deeper sleep.

**NIRVANA BLANKET, \$330**

## HOW GROSS IS YOUR... RESTAURANT TRAY?



Here's something you won't read on the menu: When it comes to the most germ-infested items you'll encounter outside your home, restaurant trays are second only to public-park sandboxes! They harbour even more germs than school musical instruments. To keep yourself safe, wash your hands with soap or use an alcohol-based hand sanitizer after touching them and before you dig into lunch!