

# Health

**EAT  
WELL,  
LIVE  
WELL!**

**LIGHTER  
THANKSGIVING  
SIDES**

SERVE YOURSELF  
SECONDS?

**FOODS THAT  
BOOST  
YOUR GUT  
HEALTH**

**KATIE  
LEE**

THE FOODS AND  
TV HOST DISHES ON  
HER GO-TO MEALS,  
BODY CONFIDENCE, AND  
HER NEW MARRIAGE

**Breathe**  
WITH OUR  
EASY YOGA  
FLOW

**HOW TO GET  
AN ATTITUDE OF  
GRATITUDE**

**plus**  
THE TASTIEST  
SNACKS  
TO TRY NOW

## **Use all your senses.**

When you not only look but also touch, smell, listen, or taste, you can't help but slow down and appreciate your surroundings.

Barbara Greenberg, PhD, a clinical psychologist in Fairfield County, Connecticut, intentionally

engages multiple senses when she tends to her houseplants. "I have 50 of them, and first thing each morning, I walk around and look at each one. Then I smell them, touch them, maybe take a picture to capture a beautiful moment. I'm so grateful when I get to see one blooming," she says.