

On-Demand & Audiobooks

Gain instant access to a curated library of expert resources. Our educational content and practical exercises give you everything you need to thrive.

From 5-minute resets to deep dives, our library fits seamlessly into your busy day. Browse the Explore tab for categories like mental wellness and fitness, and use Quick Links for direct access to audiobooks, the Breathing Bubble, and recent replays.

 **Audiobooks:** Hand-picked global bestsellers and inspiring stories for personal growth.

 **Music:** Curated soundscapes for any mood. Find your focus or calm instantly.

 **Mental Wellness:** Target stress and build resilience with guided meditations and programs.

 **Sleep:** Soothing narratives and audio to help you drift off and wake up renewed.

 **Finances:** Practical advice on budgeting and saving to master your money.

 **Families:** Kid-friendly content and parenting tools for every age and stage.

[Explore Library](#)

[Knowledge Base](#)

**SCAN
QR**
TO DOWNLOAD
WELLNESS COACH



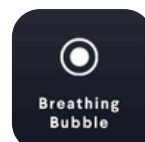
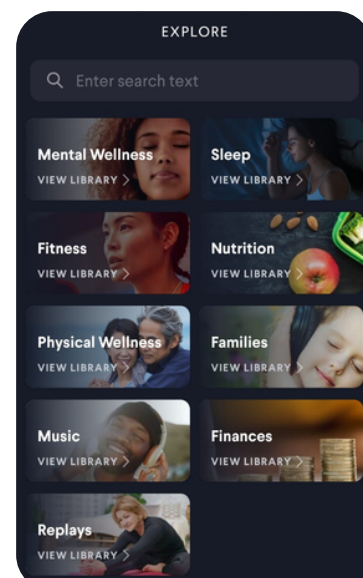
 **Breathing Bubble:** A quick nervous system reset to return to your day balanced.

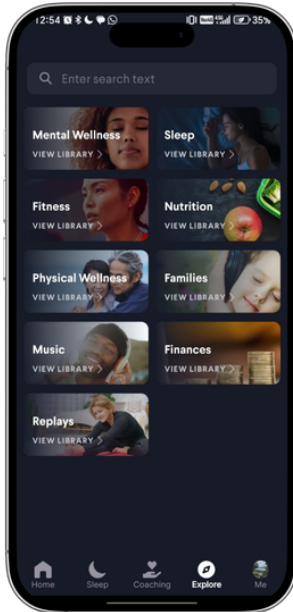
 **Replays:** Stream popular live workshops and professional seminars on demand.

 **Fitness:** HIIT, Yoga, and strength training from quick boosts to full programs.

 **Physical Wellness:** Dedicated insights on mobility, pain management, and hormonal health.

 **Nutrition:** Recipes and demos to fuel your body and sustain healthy habits.





Get Started in 2 Simple Steps:

1. Open the App: Access your favorite features with a single tap. Visit the Explore tab in the menu bar to browse our full on-demand collection by category and find exactly what you need. To dive deeper, check the Quick Links section on your Home Page for instant shortcuts to our top wellness tools.

2. Enjoy your favorites on your schedule: Explore our on-demand library of soundscapes, audiobooks, and meditations anytime. Find specialized tools designed to fit your day and help you thrive at your own pace.

[Explore Library](#)

Use On-Demand Content & Audiobooks to:

✓ Stay focused or calm with the perfect soundscape for any mood.

✓ Find instant peace with a custom nervous system reset.

✓ Access expert-led insights and global bestsellers for your growth.

✓ Watch our most popular workshops and live sessions on demand.

✓ Explore meditations and guided programs built for your needs.

✓ Join challenges seamlessly from your favorite work apps.



Personalized Goal Setup >

Health Connect

If you track your health data using any of these apps: Strava, Google Fit, Fitbit, Samsung Health, Withings, Oura, Peloton, My FitnessPal etc.



Manage Health Connect

Achieve better results by setting personalized goals and syncing your health app. This lets you track your daily progress and reflect on what's working or where you might need to make adjustments.