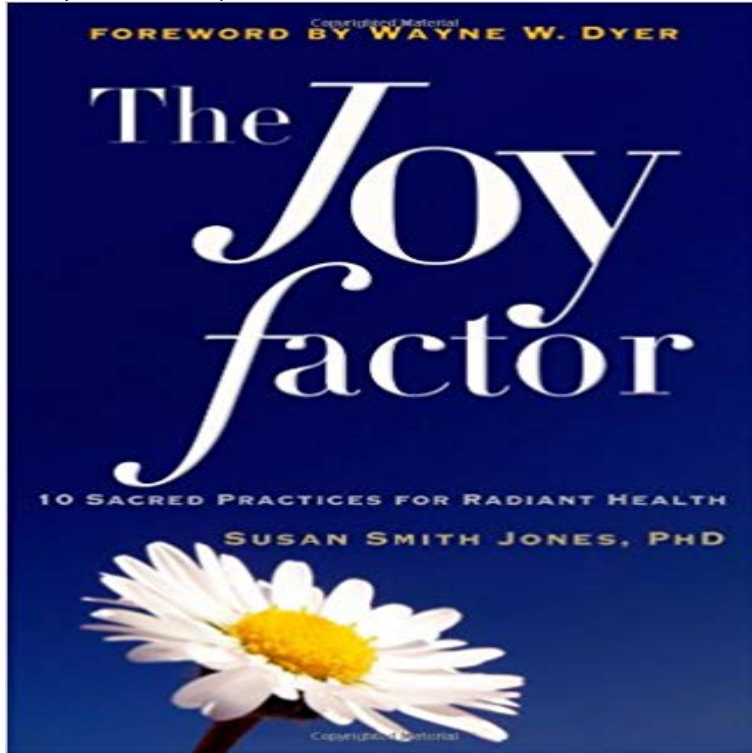


## Joy Factor, The: 10 Sacred Practices for Radiant Health



With a foreword by Wayne W. Dyer. A pioneer of the mind-body-spirit approach to health and wellness, Susan Smith Jones, teaches readers 10 simple practices that will keep them looking and feeling healthy, vibrant, and youthful for life. These include cultivating kindness and gratitude; staying adventurous and childlike; making physical activity a part of everyday life (by finding activities that you love); eating natural foods, with an emphasis on raw and plant-based foods; engaging in breathwork, prayer practice, visualizations and affirmations, and so much more. What sets The Joy Factor apart is its emphasis not only on the things we do for ourselves, but the things we do in community that make us feel most alive and at our peak. Its not all about me; its about how me meets the world--the simple, everyday things we can do to glow with good health.

We've started our countdown to National Handbag Day on October 10, and that means we'll have special features for you every day, right up to the big event! Today, we're here to talk about the intersection of celebrity and accessories, and more specifically, how the two can become intertwined in public consciousness for years. The kinds of stars who carry a particular bag do a lot to shape the market's perception of it and the designer who created it, which is why so many brands give out free bags to stars now: they're hoping to create positive associations. In the cases you see below, though, things came along a little bit more naturally. You can't rush love, after all. Think of a bag-celeb duo we missed? Let us know in the comments!

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