New Book Offers 50 Science-Backed Ways to Improve Wellbeing in an Always-On World

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A new book by Dr Andrew Sharman, *The Wellbeing Book*, offers a practical response to these pressures with 50 simple, science-based strategies designed to boost energy, build resilience and support better mental and physical health.

Drawing on neuroscience, positive psychology, and decades of experience advising organisations around the world, Sharman explores wellbeing through three connected areas: mind, body and soul. The book is designed to help readers make small, realistic changes that can lead to lasting improvements in how they feel and perform.

Dr Andrew Sharman said: “Wellbeing is not a luxury or something to focus on only when life feels out of balance. It is the foundation for sustainable performance, better relationships and a healthier, more fulfilling life. Small, deliberate changes can make a remarkable difference.”

The book argues that in a culture that rewards constant activity, people need to pause, reflect and reconnect with what truly supports their wellbeing.

Author and National Geographic Adventurer Alastair Humphreys praised the book, saying: “Mental and physical health issues are debilitating. The tragedy is that many problems are curable by simple lifestyle changes. That might be committing to exercise more, connect with nature and disconnect from our phones, or myriad other pieces of advice offered in *The Wellbeing Book*. Pick this up and feel better today!”

Dr Andrew Sharman is a global advisor on culture, performance and human wellbeing. He works with organisations worldwide — from Fortune 500 companies to international institutions — helping people create cultures that are stronger, safer and more human. He is a professor at CEDEP in France and IMD in Switzerland, and CEO of the International Institute of Leadership & Safety Culture (IILSC).

Notes to editors:

- *The Wellbeing Book* is published by LID Publishing on 4th June 2026, available in paperback and e-book (ISBN: 9781918215014).
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- For more about LID Publishing, please visit www.lidpublishing.com

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