

The Health & Well-Being Journal™ Launches for Pre-Order—A Daily System to Beat Burnout and Build Better Habits



St. Louis, Missouri Apr 11, 2025 ([IssueWire.com](https://www.IssueWire.com)) - As chronic stress and burnout continue to rise, certified nutrition coach and private wealth attorney Keith Herman is offering a new tool to help people regain control of their routines.

The Health & Well-Being Journal™, a 10-minute-a-day guided planner designed to support sustainable health habits, is now officially available for pre-order.

This 300-page journal provides a structured daily system for tracking meals, sleep, exercise, and mindfulness without overwhelming users' already packed schedules.

"I needed something to help me stay consistent with the things that actually make me feel better—movement, meals, rest, gratitude," says Herman. "This journal was the solution I couldn't find

anywhere else.”

Pre-Order Launch Aligns with Increased Demand for Practical Mental Health Tools

Recent data from the American Psychological Association shows high levels of stress and burnout, particularly among professionals and caregivers.

The Health & Well-Being Journal™ aims to meet this growing need with a holistic tool built on behavioral science—not willpower.

Key features include:

- Daily pages with prompts for meals, movement, mindset
- Sleep, step, and stress tracking
- Weekly and monthly reflection templates
- Gratitude and mindfulness exercises
- Simple, research-backed format for real-life consistency

Unlike blank journals or business planners, this tool focuses on *personal well-being first*.

“Self-care doesn’t have to take an hour a day,” Herman explains. “With a clear structure, even 10 minutes can make a difference.”

The Health & Well-Being Journal™ is now available for pre-order at <https://keithaherman.com/journal/>. Orders are estimated to ship Fall 2025.

Early pre-orders will receive exclusive access to additional tools and resources—including downloadable planning templates, nutrition and wellness tips, and bonus materials designed to help busy professionals stay consistent and achieve their health goals.

About Keith Herman

Keith Herman is a private wealth attorney, certified nutrition coach, and founder of the Expert Diet Project. His work blends science-backed nutrition with realistic systems to support long-term well-being. He developed the Health & Well-Being Journal™ as a practical solution to help people feel better, every day—starting with just 10 minutes.



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Source : Keith Herman

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