#HASHTAG

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#ON MY NIGHTSTAND

A good fiction book for nighttime reading—usually something immersive but not too intense, so I can wind down without overthinking. A well-loved copy of *To Kill a Mockingbird*—one of my all-time favorite books. From the first time I read it, the book's focus on empathy and the significance of understanding others' perspectives to create a more compassionate world has stayed with me throughout my life. A real alarm clock, because I keep my phone out of reach so I can get a good night's rest without distraction. And a glass of water waiting for me when I wake in the morning so I can hydrate before starting the day.

#IN MY EARBUDS

I love wellness podcasts, especially Dr. Andrew Weil's *Body of Wonder* podcast. He is a *New York Times* best-selling author and an internationally recognized expert on integrative medicine and mind-body interactions. When I'm in the mood for some motivating music, my playlists are a mix of feel-good nostalgia and inspiration. You'll find country music for its storytelling charm and '90s jams for a dose of pure throwback energy.

#ON MY MOBILE

The first thing I see when I unlock my phone is a photo of my adorable dog, Daisy! Lately, my go-to app is Step It Up with Steph by Stephanie Mansour, a Chicago-based fitness influencer and a Fitness Contributor on the *TODAY* Show. Her meditations help me start the day with ease, and her yoga sessions and workouts are fun to do whether I'm at home or traveling.

ERIN CLIFFORD, is a wellness consultant, speaker, national board-certified health & wellness coach, and author of *Wellness Reimagined: A Holistic Approach to Health, Happiness, and Harmony*. She has dedicated her career to helping people lead happier, healthier, more fulfilling lives. As the Managing Director at her family's law firm, Clifford has an in-depth understanding of the unique challenges that professionals face, enabling her to design customized coaching and programs for those in the corporate world. Born and raised in Chicago, she began her career in education with the Chicago Public Schools. Clifford holds a Juris Doctor from DePaul College of Law, is certified as a holistic wellness coach through the Institute for Integrative Nutrition, and earned a master's degree in Mental Health Counseling from Northwestern University. She lives in Chicago with her husband and their golden retriever, Daisy.

