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## Author shares path to proactive health care

BY KARIE ANGELL LUC | Contributor

Last Modified: Jun 20, 2013 10:56AM

Barbara B. Appelbaum, raised in Glencoe and now a Deerfield resident, has a confident stride – as well she should as author of her April released book, “Live in Wellness Now.” While Appelbaum promotes baby steps to positive lifestyle changes, she walks with pride as a certified wellness coach, motivational speaker and consultant. Diagnosed with multiple sclerosis in June 2006, one personal mantra is “Walk-the-Talk.” Sold on Amazon.com, her book is sold also at the Canyon Ranch bookstore in Tucson, Arizona where Appelbaum is a guest lecturer. Her parents Judith and Robert Appelbaum still live a short walk away from Glencoe Beach. Her siblings are Phil and Chip. She has more than 26 years professional experience, including career time spent in health care in Evanston. She serves as ambassador for the National Multiple Sclerosis Society Greater Illinois Chapter. Appelbaum is also an advisor to the Family Service of Glencoe Wellness Initiative and is a Highland Park Chamber of Commerce member. We caught up with Appelbaum on a blue-sky morning at the ravine-perched park overlooking Glencoe Beach. Visit [www.liveinwellnessnow.com](http://www.liveinwellnessnow.com) and [www.appelbaumwellness.com](http://www.appelbaumwellness.com).

Q. Is it exciting to do the author’s book circuit?

A. It’s been a lifelong dream of mine. I can’t believe it finally came to fruition. It’s a wellness journal. It teaches people how to be proactive in their health care. And it teaches people how they can be their own advocate. In my humble opinion, to me, that is lacking and that’s why people get sick. If people took time to take care of their wellness in advance, I don’t think so much sickness would be so prevalent.

Q. You were raised in Glencoe since you were a baby, right? Baby steps...

A. I am from Glencoe, born and raised, North School, Central School, New Trier East, you name it, I am a Glencoe girl.

Q. How did Glencoe shape you to be the wellness coach you are today?

A. Well, Glencoe is kind of like Mayberry. Everybody knew everybody back then. You didn’t lock the doors. And you played in the street in other people’s yards. And it was safe. You know, it was a different time. Glencoe allowed me really to just grow up without restriction. We were all friends with the police. We were all friends with the firemen. I could walk into any storefront (and they would say), ‘Hey Barb, how are you?’ They knew who I was. If my parents wanted me to pick up something like meat or a prescription, all I did was sign for it. I didn’t have to pay for it because we had house accounts back then. I think it allowed me to develop a sense of self-confidence and a sense of self-esteem because it was a nurturing community.

Q. Your book cover says, “Be Present, Be Purposeful and Be Well.” What does that mean?

A. Once you're present and mindful to the moment, you're actually starting to be purposeful in your actions. Because instead of just living on autopilot, and erroneously doing and doing and doing, you're actually thinking about what's going on. And with all of that, it leads to wellness because you're less stressed. You're more calm. You're more organized. You're proactive and you have a higher energy. Not an energy like stress but an energy that is a healing energy.

Q. So it's a simple sequence really (Present=Purposeful=Wellness), correct?

A. Total simple sequence. Because what we think, affects what we feel and what we feel affects how we behave. Be present. Be purposeful. Be well.

Q. Is that how you live?

A. You bet. You bet. I've been living this way for quite a while. ~.

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