

# B THE NEWSLETTER

A Monthly Edit: By Lia Bartha



## AUTHENTICITY

By Lia Bartha

Sadly, it's been a really rough end to February with the situation in Ukraine and also personally in my household. I'm so devastated to let you all know that our fifth family member and official B The Method mascot, Larry David Bartha, has passed away. I'd be lying if I told you that I'm doing fine and tears weren't pouring from my eyes onto this keyboard right now. The trauma is raw and my family is completely gutted but I know that the feeling will eventually transform into something else.

As you all know, Larry was twelve years old and became my adopted baby and sidekick the day I met Justin ten years ago. He's been there with us through every single life experience, always serving up unconditional love, endless support and perfectly timed farts. He also somehow knew exactly what someone needed at the exact time they needed it. He was more than a dog and if you ever had the chance to meet him, walking off-leash down a busy New York sidewalk, you know what I'm talking about.

I'd planned on this issue being about authenticity far before we received the news of Larry's passing and yet, it seems to be the most fitting conversation for our community. We've shared so much already through private conversations and live chats and now, more than ever, it feels like the right time to explore deeper moments of authenticity, vulnerability and even trauma. (We have a private Facebook now for these conversations).

Thank you to my community for lifting me up during this hard time. Your support is always appreciated and my love for you is unconditional.... something I learned from a very special French Bulldog.

xx  


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## THE CHALLENGE

Finding authenticity in your life

This section had been called "the focus" since we launched the newsletter almost a year ago. I've decided to change it to "the challenge" so that each month we can commit to inspire each other to push ourselves on a path to a healthier body, mind and soul. With the focus on authenticity this month, I challenge you to dive deeper inwards and find what makes you the most authentic version of yourself. This also might mean discovering what makes you feel the least authentic as well.

When I take a good look at myself, I feel most authentically me when I allow myself to express my feelings, in real time, instead of suppressing because of an irrational fear that I'll seem weak to the people in my life I need to be strong for. Sharing my unfiltered emotions with my loved ones always ends up making me feel stronger and more connected to them and my authentic self.

What has made me feel inauthentic in my life is focusing on comparing too much to what other people are doing with their businesses, social media and daily activities. Identifying is the first step. Making progress towards being your own truth is the challenge with a huge reward.

## THE COMMUNITY

B the private [Facebook](#) Group, finally

Now, being authentic with yourself is probably the most important thing you can do for your wellbeing. I find it so damn hard to sleep at night when I'm doing the opposite. My mind races around in circles, over analyzing every move I've made and every word I've said, and the feeling of being an imposter in my own body. I know for a fact I'm not alone here but sometimes it helps to hear from others, that I'm not alone.

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→ JOIN OUR FACEBOOK GROUP ←

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Enter our private Facebook group which will be a space for our community to have these conversations, whether it's about B the method specifically or literally anything. This will become our place for these authentic, in real time, conversations with all of our incredible community members all around the world. I can't wait to join in on these chats with you all. It's been a long time coming. Also quick note: there are rules in place so please make sure to read through them. Huge thank you in advance :)



# THE ESSENTIALS

The shit I'm loving, head-to-toe

## THE HAIR

### Ilia Overnight Lip Treatment

I keep this beside my bed because there's nothing worse than realizing you have chapped lips once you've already gotten in bed.



### Furtuna Skin Balm

Not cheap but lasts a long time and worth every penny. I'm almost done so feel free to send one to me too. Har har :)



## THE FACE

### Care.org Ukrainian Donation

Consider donating to Care.org Ukraine Crisis fund who are providing aid for 4 million women, children, elderly and innocent families who have suffered the most.



## THE HEART

### Ella Mila First Aid Kiss

The main reason my nails have stayed strong and long recently!



## THE NAILS

### Larry David Foam Roller

The upper body foam rolling series on the app will eliminate all tightness, promise.



## THE BACK

### Necessaire Body Oil

Not greasy and great for dry skin. My go-to, always. Code: LIA10 for 10% off.



### Linné Bath Soak

If we had a third child, their name would be Epsom. Lucky we are done reproducing. Code: LIAXLINNE for 15% off entire site.



## THE LEGS

### Uggs

I was opposed too until I got a pair to wear around the house. A house staple for me even when it's not winter.



## THE FEET



Oribe Strengthening Shampoo and Conditioner  
4x per week for me



Essentia Classic Pillow  
Any side and back sleepers in the community? This is my absolute favorite pillow.

## THE NECK/SHOULDERS



Arrae Bloat Capsules  
For the one off days when you've eaten a bunch of random stuff that upsets your stomach.

## THE STOMACH



Seed DS-01™ Daily Synbiotic  
There's no question that I love this product. 2x capsules every day and my gut health has never been better or more regular. Code LIA15 for 15% off your first month's supply! #ad #accountable

## THE GUT



Theragun Mini  
This smaller version of the Theragun is perfect for targeting the tightness in the hips and glutes.

## THE HIPS



Terracotta Pumice  
It works and lasts so long. Long enough that Justin asked me if it still has to remain in the shower. Yes!



Knit Over-The-Knee Socks  
Versatile, cozy and super cute. These come in a variety of really beautiful, earthy colors.

# THE PANTRY

My kitchen favorites

I can't mention my kitchen without the visual of Larry sitting underneath my kids feet, waiting patiently for any crumb to fall on the floor. He would sit there, never begging (unless it was turkey from Thanksgiving) because he knew that he would always be the clean up crew. So anyway, I'll be shopping for a rumba even though I know it's not going to do nearly as good of a job. Here are some of my favorite kitchen things and Larry's too. :)



[Walnut Cutting Board](#)



[Microgreens Starter Kit](#)  
LIA25 for 25% off



[Stasher Reusable Food storage](#)



[Hawkins Set of 3 Lidded Bowls](#)



[Always Pan](#)



[GIR Spatula](#)



[Fable Dog Bowl in Tofu](#)



[Silpat Silicone Baking Sheet](#)

## In Other Important News

- Are you ready for another cooking IG Live with [Samah Dada](#)? Mark your calendars for 1pm et on 3/9! Will share the recipe and ingredients on IG before hand.
- And, are you ready for our first in-person event? Join the FB group for first access to sign up! Hint: It'll be at [The Well](#) NYC on April 1st, 2nd and 3rd!
- We're currently working on a restock on the B the Ball. Thank you for your patience! In the meantime, if you want to get started immediately and don't have one, [this](#) one's a great substitute.
- Check out some of our mentions in the media last month: [Moves for better sex](#), [Moves for debloating](#), and [My morning routine](#).

THANKS FOR READING & SEE YOU ON THE MAT

This newsletter is for our community, by our community.  
Please fill out [this](#) form with any questions, comments, and feedback.

