



BU Well

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Volume 2 *Health, Wellness, and Life Sciences*

Letter from the Editor

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## Letter from the Editor

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## Letter from the Editor

### *Volume 2*

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Hello all and welcome to *BU Well's* second volume,

Over the past year, we have seen over 1,300 downloads on several continents around the world; our excitement to grow and share this year's volume is unprecedented. I first want to thank all of those who read the first volume and contributed to our success. Our aim has always been to bring healthcare topics to those around the world in a way that is applicable to everyone. We hope that those from all age groups, levels of education, and backgrounds can relate to our articles and further apply their message in their day to day lives. This year has brought novel topics and challenges as the journal and those involved continue to evolve. New to this volume, we have added individual multimedia pieces and consulted outside experts to enhance your reading experience. We are excited to share Volume 2 with readers around the world.

This year's volume begins with CRISPR, an innovative genetic editing tool scientists hope to use to treat complicated diseases, and ends with Mental Health First-Aid, a possible solution to the growing mental health crisis across the United States. As you continue reading, you will encounter topics about personalized healthcare, which includes patient counseling based on personality type and academic success based on sleep pattern preferences. I encourage you to explore our original infographics or videos that supplement the author's articles. We expanded this edition to include health, wellness, and life sciences to provide more readers an opportunity to relate and apply these topics to their day to day life. As topics and research in healthcare grows the *BU Well* team hopes that we can contribute ideas that you as a reader can then translate and apply to your well-being.

Our third volume centered around health, wellness, and life sciences will begin accepting articles to be considered for publication the beginning of Butler University's fall semester and will be published in Spring 2018. I encourage you to look for updates on our website, where the journal is housed, and to consider following our social media sites.

Best wishes,

**Anne Leighty**  
**Editor in Chief, *BU Well***