



Live Intentionally: 65 Challenges for a Healthier, Happier Life (Paperback)

By Cara Sue Achterberg

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Tired of being a standby passenger in this world and watching as her family's health and stress level spiraled out of control, Cara Sue Achterberg set out to create a healthier, happier life for herself and her family. Presented in a friendly, often humorous and always down-to-earth manner, Achterberg shares stories, resources, and recipes to help anyone live more intentionally. The book brims with over 65 challenges to help the reader make simple changes that will lead to a healthier, happier life. Divided in five sections, Live Intentionally invites you to a life lived on purpose. Eating intentionally means knowing your food - where it came from, what's in it, what to avoid, but more importantly what to include so that your body can function optimally. It offers information and recipes for making your own processed foods like peanut butter, bread, applesauce, even chicken nuggets and pop tarts from simple healthy ingredients. Creating an intentional home means uncluttering, organizing, and learning to clean naturally with nontoxic ingredients. Achterberg shares secrets for a more efficient home and a lifestyle that strives...



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Reviews

An extremely wonderful ebook with lucid and perfect explanations. I was able to comprehend almost everything using this composed e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Kimberly Carroll**

Extremely helpful to all class of individuals. It really is written in straightforward terms instead of difficult to understand. I am just happy to explain how this is the finest publication I have got read inside my own lifestyle and might be the very best ebook for possibly.

-- **Dr. Meta Smith**