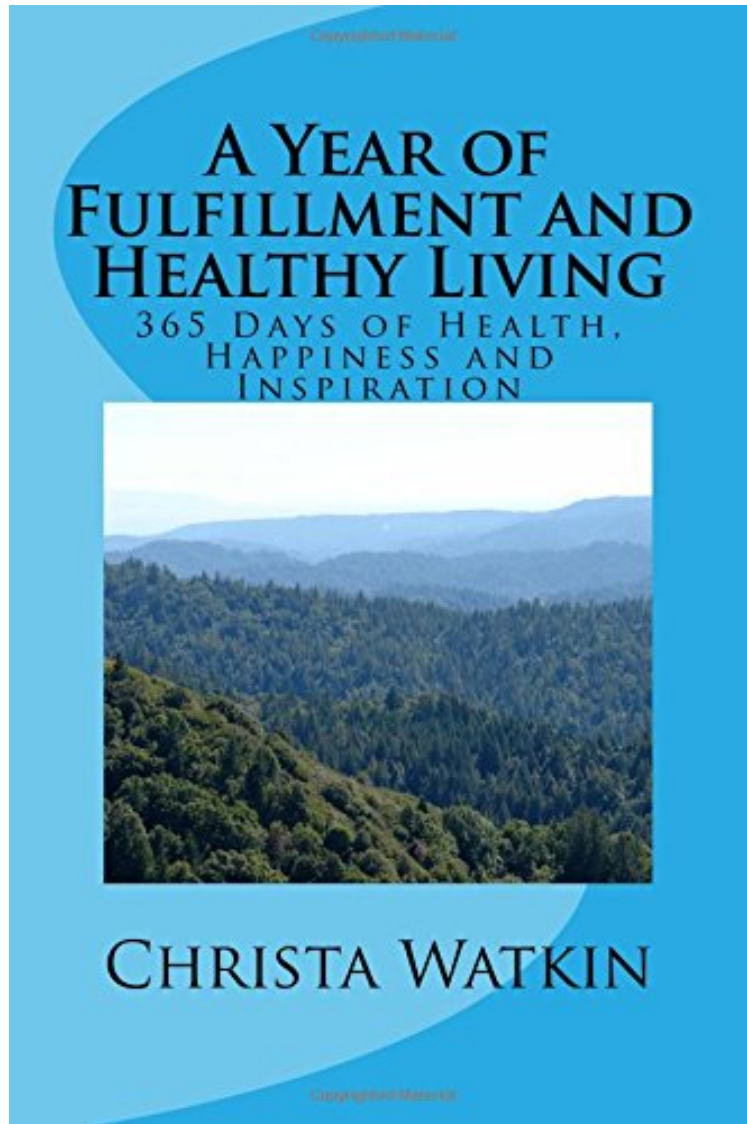


[FREE] A Year of Fulfillment and Healthy Living: 365 Days of Health, Happiness and Inspiration

A Year of Fulfillment and Healthy Living: 365 Days of Health, Happiness and Inspiration

Christa Watkin

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Highlights include: - Inspirational thoughts and new ideas - Healthy food tips - Nutritious and quick to do recipes - Enriching quotations - Money saving ideas - Suggestions for self reflection

About the Author Christa Watkin lives on the beautiful South Coast of New South Wales, Australia, with her husband, Anthony and two very spoiled Burmese cats. She is a passionate writer and creator of yearbooks and personal diaries.