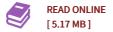


## The Sweetness of a Simple Life: Tips for Healthier, Happier and Kinder Living from a Visionary Natural Scientist (Paperback)

By Diana Beresford-Kroeger

Vintage Books Canada, 2015. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The author of The Global Forest--an international bestseller and a classic upon publication, beloved by readers around the world--gives us her tips and advice for achieving better health and peace of mind, with frugality, simplicity and pleasure not far behind. In The Sweetness of a Simple Life, Diana Beresford-Kroeger mixes science with storytelling, wonderment, magic, myth and plenty of common sense. Orphaned at an early age, Beresford-Kroeger was tutored by elderly relatives in Ireland in the Druidic tradition, taught the overlap between the arts and sciences, and the triad of body, mind and spirit. After pursuing a Ph.D. in medical biochemistry, Beresford-Kroeger set out on a quest to preserve the world s forests. In this warm and wise collection of essays, she gives us a guide for living simply and well: which foods to eat and which to avoid; how to clean our homes and look after pets; how we can protect ourselves and our loved ones from illness; and why we need to appreciate nature. She provides an easy dose of healing, practical wisdom, blending modern medicine with aboriginal traditions. This inspiring, accessible book emphasizes...



#### Reviews

The most effective book i ever read through. it had been writtern quite flawlessly and valuable. I am just happy to let you know that here is the very best publication i have got read through during my individual daily life and may be he greatest pdf for ever. -- Prof. Adonis Rodriguez

Comprehensive information for publication fans. I have got read and i am confident that i am going to likely to go through once again once again in the foreseeable future. I am just very happy to let you know that this is actually the greatest book i have read in my very own existence and could be he finest book for at any time.

-- Clair Windler

### **Related PDFs**

#### The Mystery of the Onion Domes Russia Around the World in 80 Mysteries

Carole Marsh Mysteries. Paperback. Book Condition: New. Paperback. 133 pages. Dimensions: 7.5in. x 5.3in. x 0.4in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to ...

have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST

### The Red Leather Diary: Reclaiming a Life Through the Pages of a Lost Journal

(P.S.) Harper Perennial. PAPERBACK. Book Condition: New. 0061256781 Never Read-12+ year old Paperback book with dust jacket-may

with FREE tracking!! \*... Life

# The Cap: The Price of a

Grove Pr. Hardcover. Book Condition: New. 0802116590 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! \*...

		$\mathbf{}$	
	=	-	

Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1624-1625)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you can. Digitally preserved and previously accessible...

$\equiv$

Two Treatises: The Pearle of the Gospell, and the Pilgrims Profession to Which Is Added a Glasse for Gentlewomen to Dresse Themselues By. by Thomas Taylor Preacher of Gods Word to the Towne of Reding. (1625)

Proquest, Eebo Editions, United States, 2010. Paperback. Book Condition: New. 246 x 189 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.EARLY HISTORY OF RELIGION. Imagine holding history in your hands. Now you can. Digitally preserved and previously accessible only...

_

Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and **Creating More Deeply Caring Communities** 

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...