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## 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...



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