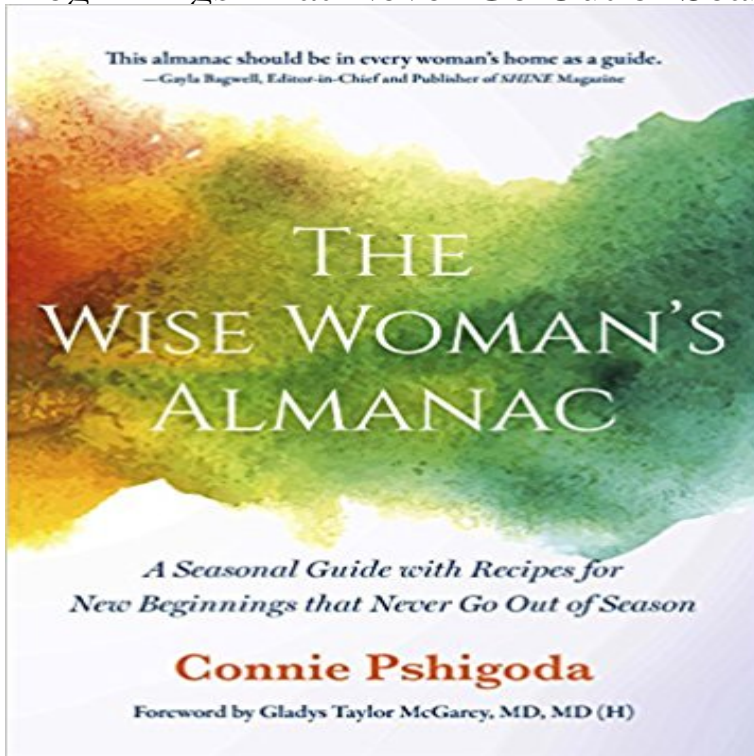


# The Wise Womans Almanac: A Seasonal Guide with Recipes for New Beginnings That Never Go Out of Season



Your Health and Your Body Are Not Cookie Cutters . . . Create a New Beginning to Last the Rest of Your Life - and That Never Go Out of Season - Starting Today! It doesn't matter what age you are . . . author and Natural Health Consultant Connie Pshigoda has crafted a variety of seasonal health tips and delicious recipes to satisfy your hunger for a better life and year-round well-being. Within the Wise Womans Almanac, she connects Nature's seasons and your natural life rhythms, resulting in perfect harmony and balance. Throughout The Wise Womans Almanac, you will use reflective questions, seasonal food lists, charts and exercises to achieve optimal well-being. You will discover that your physical, emotional and spiritual vitality are the essence of good health and wellness . . . not the lack of disease. The human body's physiological needs are profoundly influenced by the rhythms and cycles of the Earth's seasonal changes. You will discover that there are 5 seasons in your yearly well-being almanac: Springtime is youth, young adulthood, beginning a first career and growing through education and life experiences. Summertime is an abundance of mid-age adventures: maturing, raising a family and expanding your career options, even creating new ones. Autumn becomes a time to shine as the next empties and reaping the harvest of a successful career and your life investments. Winter brings a variety of multi-generational blessings from grandchildren, retirement, stepping into the roles of role model and mentor and sharing the wisdom that decades have accumulated. Overlapping Season combines Springtime, Summer, Autumn or Winter with one or more of the other seasons resulting in a wondrous and welcome rebirth and rejuvenation. New classes, new careers . . . a new you!

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