



# **The Wise Woman's Almanac: A Seasonal Guide with Recipes for New Beginnings That Never Go Out of Season**

*Connie Pshigoda*

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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 Woman's Almanac*, she connects Nature's seasons and your natural life rhythms, resulting in perfect harmony and balance.

Throughout *The Wise Woman's 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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Information is provisions for individuals to get better life, information these days can get by anyone in everywhere. The information can be a understanding or any news even restricted. What people must be consider any time those information which is from the former life are challenging to be find than now's taking seriously which one would work to believe or which one the particular resource are convinced. If you have the unstable resource then you buy it as your main information you will have huge disadvantage for you. All those possibilities will not happen in you if you take The Wise Woman's Almanac: A Seasonal Guide with Recipes for New Beginnings That Never Go Out of Season as the daily resource information.

#### **Bonnie Daves:**

A lot of people always spent all their free time to vacation or perhaps go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity here is look different you can read the book. It is really fun for you personally. If you enjoy the book that you read you can spent all day long to reading a reserve. The book The Wise Woman's Almanac: A Seasonal Guide with Recipes for New Beginnings That Never Go Out of Season it is very good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space to develop this book you can buy often the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to fund but this book has high quality.

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