



Happy Living

Sarah Steele-Killeen

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Sit down to rest for a minute and enjoy some refreshingly simple and honest insights on living a happy and contented life. Join author Sarah Steele-Killeen--physician, teacher, wife, and mother--as she suggests ways to nurture our bodies, minds, spirits, and loved ones. There aren't many big things in life. Enjoy the little things. Eat 'close to nature'. When possible, eat fresh, local, colorful, seasonal foods. Greet your loved ones each day with a 'Good Morning!', and mean it. Sleep on it. Morning is wiser. Sometimes the most important life applications come in the form of simple reminders. Don't neglect the small things and make a decision to make a Happy Living!

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