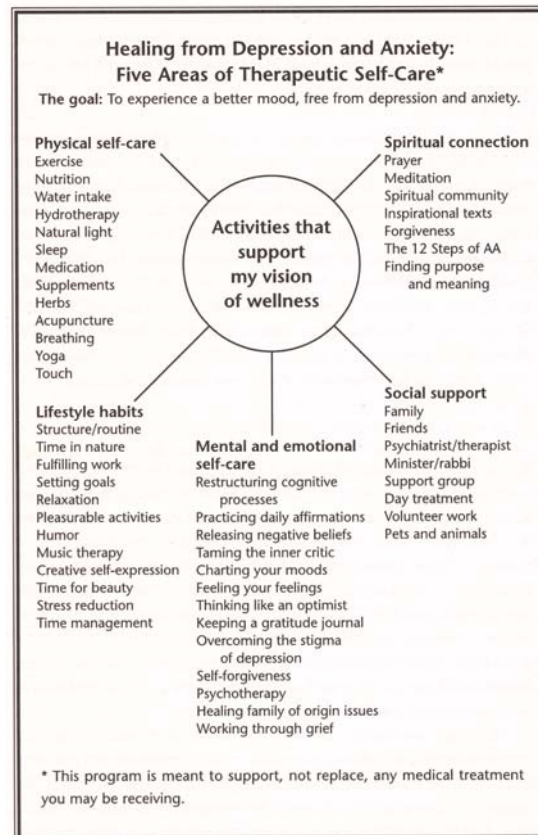


Plant the Garden of Your Life With Seeds of Well-Being©



Nurture Your Garden of Health & Friskiness!

Make An Investment In YOU!



Douglas Bloch shares in his book *Healing From Depression* the **Activities that support my vision of wellness**. He has discovered that healing from depression and cultivating a better mood is a **RESULT** of practicing the five areas of self-care. I have found these same areas of self-care also transform imbalances in body weight. ***Find Healing from Depression: 12 Weeks to a Better Mood***, by Douglas Bloch, Celestial Arts Publishers, www.healingfromdepression.com