



## How to Live Well - Chic Inspiration - How to Be Slim and Healthy

By Fiona Ferris

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In 2010 I started my blog How to be Chic as an online inspiration journal to write about creating a simple and beautiful French-inspired life. This book is a collation of mini-essays from How to be Chic and contains my first three ebooks together in one volume. I offer you fun and useful ways to elevate your daily way of being, which can often be done instantly and without cost. For the most part all that is needed is a change in the way you are thinking. You may find a new idea which will instantly resonate, causing you to transform the way you do things and begin to effortlessly achieve your personal goals. That s when the magic happens! Have you ever noticed how you can read something uplifting and it switches your mindset so you end up having a better day than you might have otherwise. What you focus on becomes more prevalent in your life, so why not choose to focus on something beautiful. How to Live Well contains practical and easy...



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