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## Toxic World, Toxic People: The Essential Guide to Health, Happiness, Parenting and Conscious Living

By Anna Victoria Rodgers

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Toxic World, Toxic People: The Essential Guide to Health, Happiness, Parenting and Conscious Living, Anna Victoria Rodgers, How do you take control of your own life, happiness and health when you dont know where to begin??+? Anna shares with you her own personal experience, from a life with many health and mental well being setbacks from severe depression, suicidal episodes, and chronic fatigue, all brought on by toxic exposure and an unhappy childhood. This guide will give you deeply inspiring tips to take charge of your health and of those around you. From the way we parent and educate our children, how we need to improve our relationships with one another, what you eat and drink, how we can heal?+? and detox ourselves naturally, finding our own happiness and higher purpose as well as appreciating nature and using the healing powers of the Sun.?+? You will find out how you can make a great impact for yourself and your loved ones by making simple choices, as well as having a new respect for the Earth. Anna shares logical and powerful advice on where we are going wrong in the world with...



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