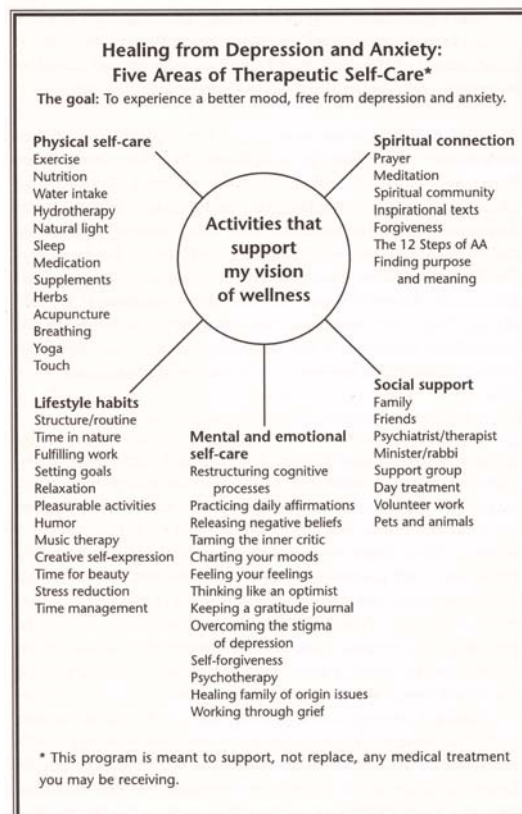


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Douglas Bloch shares in his book *Healing From Depression* the **Activities that support my vision of wellness**. He has discovered that healing from depression and cultivating a better mood is a **RESULT** of practicing the five areas of self-care. 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