



# Year of Healthy Living: Recipes and Tips for Your Health and Well Being 2015 Wall Calendar

*Ann Lovejoy*

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## **Year of Healthy Living: Recipes and Tips for Your Health and Well Being 2015 Wall Calendar** Ann Lovejoy

A Year of Healthy Living wall calendar by author Ann Lovejoy is a supportive, heartfelt invitation to expand your awareness of health and well-being, improve your diet, and enjoy life more fully every day. Each month features topics to nurture, support and sustain you. Delicious photographs of fruits and vegetables are paired with nutritious recipes and helpful tips. A Year of Healthy Living is about choosing the very best for ourselves.

- A year of health tips and gorgeous feel-good photos on your wall.
- Frameable artbook-quality printing.
- The perfect gift for anyone's kitchen.
- Weekly affirmations invite you to rejoice in the simple joys that surround us all.
- Printed on FSC Certified Mixed Source Paper with soy-based inks.
- Published by Amber Lotus, a carbon-negative US publishing company that has planted more than 330,000 trees since 2008.
- This calendar features US and Canadian legal holidays, phases of the moon, and important observances of the world's major religions.

Ann Lovejoy is the author of more than twenty gardening books and two cookbooks, including *The Ann Lovejoy Handbook of Northwest Gardening* and *A Year Along the Garden Path: Beyond the Basics - Gardening for All Seasons*. She is a regular cooking and gardening columnist for numerous national and regional publications.

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