



## Food for Thought: The Joy of Living a Delicious Nutritious Financial Life

By Anita Saulite

Anita Saulite, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Welcome to Anita Saulite's old stone farmhouse where you will discover secrets for finding greater joy, balance and fulfillment in your life. In the comfort of her kitchen, Anita shares her step-by-step recipe for cooking up a Life Plan created from what really matters most in your relationships, everyday life and personal wellness. Learn how to demystify your money and use it as a simple and essential tool, like a cast iron skillet in the kitchen, in creating our financial well-being. Gather around the table and share engaging stories and evocative questions with women just like you as you turn the heat up on your goals. Anita's menu for a happy, healthy life will nourish you for a lifetime. Come celebrate that you can have your cake and eat it too! Food and finances - not exactly a pairing that comes immediately to mind, but Anita chose the relationship well! Most people relate food with enjoyment but finances don't usually receive the same accord. Thanks to Anita - she has linked them together delightfully....



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