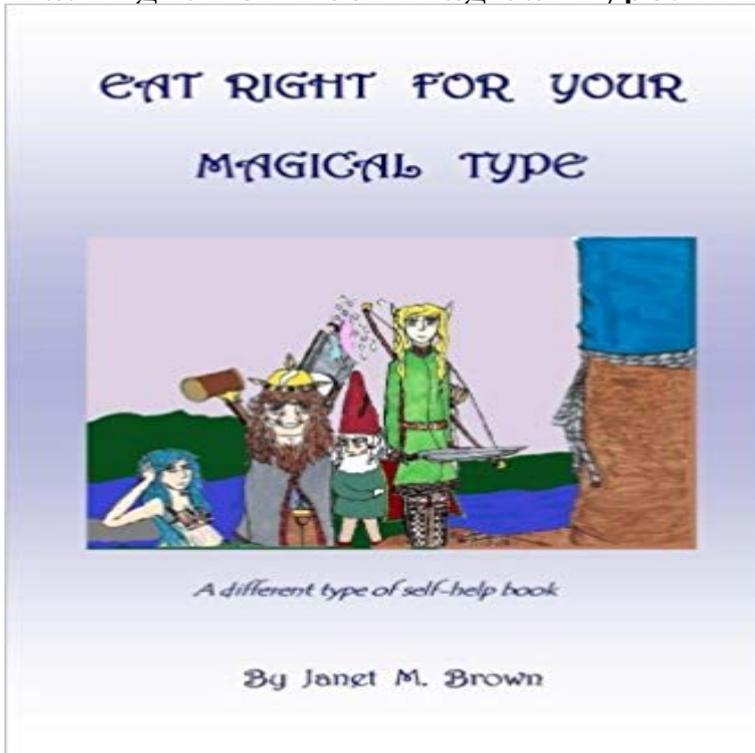


Eat Right For Your Magical Type: A Different kind of Self-Help Book!



Why am I acting this way? Why am I too fat? Why am I too thin? Why am I working in this awful job? All these questions and more are answered in this exciting new book. *Eat Right For Your Magical Type* uses past historical and mythological information, traditional recipes (these are traditional recipes from England, Ireland, Scotland and the Caribbean, and a modified healthy version is made available when possible), and unique insights from the author to use as a reference book for those people who feel they may have lost their Magic. Humor is blended throughout, and as the introduction says, I decided to write this book as a lighthearted means to return us to our magical roots, to help people discover why they might be acting a certain way, or have certain passions for foods or hobbies. And if you are grappling with body comfort, have health problems, or just feel out-of-sorts and don't know why, this book will help you find your inner magical self. When this knowing occurs, it is hoped that you will lead a happier, healthier life. But above all, the most important message of this book is: **BE HAPPY WITH WHO YOU ARE AND HOW YOU LOOK!** You do not have to struggle to be like movie stars or models, sports figures or Barbie dolls. Be confident and at the same time, when you discover and affirm your magical type (or combination thereof), you become healthier knowing what foods and activities are best for you. Each chapter tells about a particular magical being. It reviews historical information, then those qualities and attributes particular to that type. The Appendices at the end of this book contain further information on a few of the magical beings. At the end of the chapter are recipes, food, and lifestyle suggestions, if you wish to follow them. If you choose to read this book, I hope you will enjoy it as much as I had fun writing it! The cover is illustrated by my son, Rowan, who is a

talented artist coping with learning disabilities.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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