



Live Intentionally 65 Challenges for a Healthier Happier Life

Cara Sue Achterberg

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Presented in a friendly, humorous and always down-to-earth manner, Live Intentionally is a practical guidebook offering stories, resources, and recipes for a healthier, happier life...

Create healthy, delicious, real food made from whole ingredients.

Organize and clean your home simply and naturally.

Raise creative, caring, and competent children.

Grow a garden in the space you've got.

Celebrate meaningful holidays without excess or stress.

Brimming with challenges and inspiration, Live Intentionally: 65 Challenges for a Healthier, Happier is a practical guidebook for redesigning your life.

Live Intentionally 65 Challenges for a Healthier Happier Life Details

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From Reader Review Live Intentionally 65 Challenges for a Healthier Happier Life for online ebook

Molly says

Enjoyed this book and learned some great tips and recipes. Thank you for the advice and will definitely use it for 2018.

Laura Garrison says

I have slowly introduced healthier- and more environmentally-friendly practices into my family's life over the last few years and was looking for more ideas, particularly as the new year approaches. Live Intentionally is packed with tons of great suggestions. It also gives easy, step-by-step methods for implementing them. I really enjoyed reading it and I am sure that I will be referencing it over and over during the next few years as we continue to become a healthier and happier family. Love it!

Lauren RM says

I won this book in a goodreads giveaway, and I honestly expected it to be kind of boring and/or preachy, but I was pleased to discover that it was none of those! (okay, maybe a little preachy about some things, but it's humorous when she does it) Instead, it's a collection of small sections each focused on one idea for living with intention, and at the end of each section are ways to put it into action - with basic, serious, and extreme variations. Oh, and they're interspersed with stories of her family, which are sweet, funny, and a great reminder that this is a journey, not a destination: nobody's perfect.

I totally want to start wrapping my presents with fabric and giving "gifts that don't collect dust."

Julie says

What a great book! Most of the things Cara writes about are things I intend to work on in my own life. I like how she puts challenges at the end of every chapter.

Robin Spielberg says

I have long been an admirer of Cara Achterberg's gardens, shelves lined with canned goods which she canned herself, and her profound knowledge of nutrition. When I found out she had written a book that would give me a glimpse of her knowledge I not only bought the book, I read it with a highlighter in hand. Cara's writing style is a joy; she writes with both humor and candor about the struggles she has experienced as a mother working to raise children who learn healthy eating habits while being environmentally conscious and aware of their environmental footprints. This is not the kind of book you just read and put down. It is a resource you will return to again and again as you work to create your own goals for more intentional living.

Personally, I am resolved to start composting this year. Why haven't I done this in the past? Fear, I suppose. But then again, I was afraid to can food in fear of giving my family botulism, until Cara gave me gentle encouragement. (Now my cabinets are full of health pasta sauces that are lasting through the winter). There are many, many tips in this book that you can implement right away. Others might take longer. For example, I am no longer buying gift-wrap paper that just gets thrown away, but using (and re-using) beautiful fabric remnants I bought for super-cheap to wrap gifts I give to our family. There are cooking tips, gardening lessons, and challenges you can take on. I like that Cara invites the reader to skip around and to take on as little or as much as feels comfortable. After all, living intentionally is not a contest; it is a way to have a more meaningful and happier life. I feel better already.

Connie says

FTC Disclosure: I received this book free from Goodreads hoping I would review it.

Harmony Kent says

Reviewed on behalf of The Review Board by Harmony Kent.

I received a free PDF copy of this book, in exchange for an honest review.

This is a self-improvement book with a difference. It is brim full with ideas, suggestions, and challenges for changing/choosing what you eat, how you shop, raise confident, competent, and caring children, and even how to celebrate the holidays without undoing all your hard work. Forget Earth Day; this book is all about how to live an Earth Life.

The narrative is easy to read, not patronising at all, and humorous and engaging. I love that each chapter ends with three challenges, set at three levels: Basic, Serious, and Extreme. Everything the author advises in this book, she has already incorporated into the life of her and her family. While asserting that anyone can do this, the writer acknowledges that we all have unique situations and that not all our families will be willing or supportive, and she even has advice for that.

The layout is simple to follow and in bite-sized pieces that don't leave you feeling overwhelmed and like it's all just too much to take on. The reader can either read this book in linear fashion or dip in and out as they wish and go to the section most relevant to them. Throughout the book, and often in humorous fashion, the author reminds us that this process is a journey and not an end goal. It is the living right now that is of utmost importance.

Quite to my surprise, I enjoyed reading this book and didn't feel too 'preached at' at all. It gets a solid ten out of ten TRB stars from me, which equates to five stars on other rating scales. If you are even remotely interested in living a healthier, greener, simpler life, then definitely give this book a go.

Jessica Oban says

I'm pretty sure Cara Sue Achterberg is a super hero and I'm pretty sure I'm jealous.

I won't be for long though! This book isn't really set into "chapters" like a normal self-help book.

Achterberg gives "challenges" for each aspect of your life instead of "suggestions" and she further divides them into 3 levels: basic, serious, and extreme.

From home, family, gardening, food, even celebrations, there is a challenge for just about everything. It's written in digestible bits so that it's easy to flip to what you need at a certain time without it feeling overwhelming. This is a BIG plus in my book. I often find guides are too big, too complex for me. There's a "Where to Start" section at the beginning of the book. However it's roughly 50 pages, and it's sectioned into the big subjects that the book tackles, so it's easy to read that one little sub-chapter then turn to the corresponding section of the book. Such a great set-up.

I almost feel bad about marking and highlighting in my book since Cara Sue Achterberg was kind enough to sign it, but I'm pretty sure she would want me to use this book to its fullest extent which includes me holding a sharpie and writing notes in the margins.

Cara Achterberg says

This is the kindle edition. There are detailed reviews on the paperback edition page.
