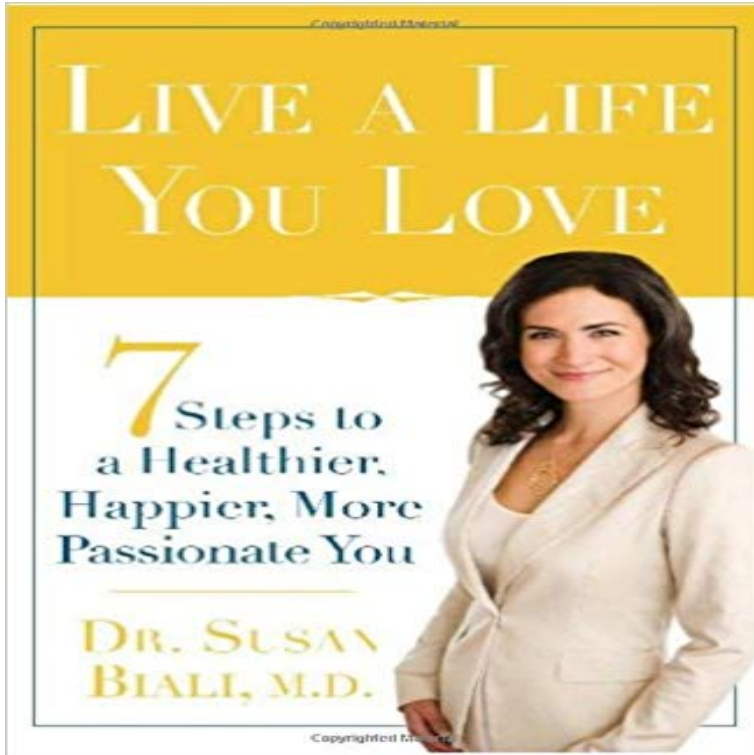


# Live a Life You Love: 7 Steps to a Healthier, Happier, More Passionate You



The promise of Live A Life You Love is simple: being true to your most authentic self and following essential principles of wellness will make you happy, healthy, and passionately in love with life. With insights drawn from her own personal transformation from a depressed medical doctor to a joyful and fulfilled flamenco dancer, writer, speaker, and life coach, Dr. Susan Bialis seven-step plan will help you discover (or re-discover) the hopes, passions, and talents that make up the real you. Even if your dreams have faded, or you worry they are unrealistic, Dr. Biali will teach you how to reach that creative, hopeful place and work towards making those dreams a reality. Along the way, you'll also learn how to maximize your physical, emotional and spiritual well-being. You will learn how to: Begin making YOU a priority. Understand your body's language. Choose foods that slow aging, boost health, and improve energy. Improve your most important relationships. Balance your life and find time for what counts. Turn this knowledge into action today.

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