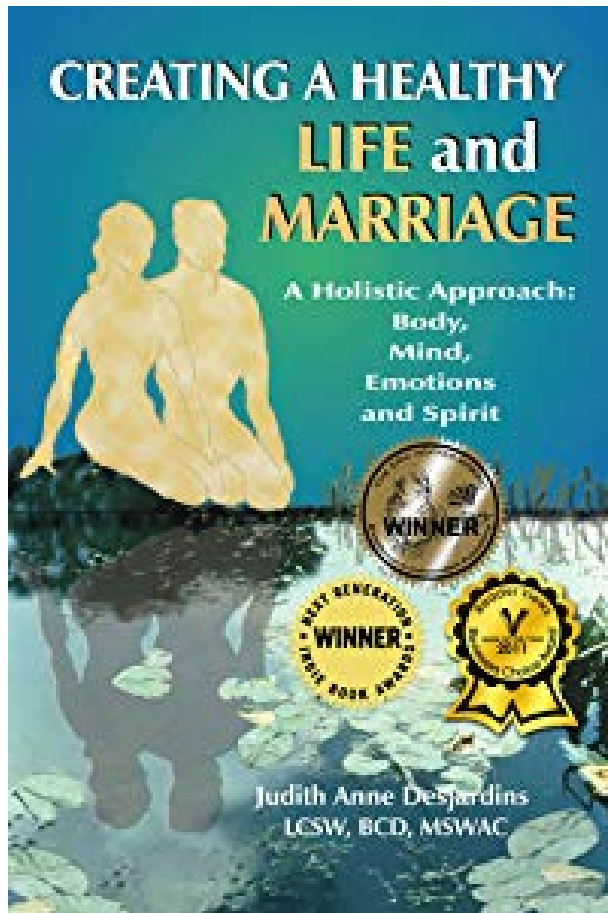


Creating a Healthy Life and Marriage: A Holistic Approach: Body, Mind, Emotions and Spirit



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The material provided in this book was gleaned from Judith Desjardins' personal journey of healing and transformation. It is a modern day "mental health almanac," filled with insight into all the seasons of growth in relationships—childhood, teen years, young adult, mature adult. The unique holistic approach teaches you how to achieve balance in your relationships and your relationship with your Self. This book is for young people, single adults, and married couples. It is practical and educational, inspiring and poignant. With the credibility of someone who has traveled the path she describes, Judith Desjardins provides a wealth of wisdom and practical self-help tools for those longing to create lives and marriages that nourish their highest and most authentic selves. The message of this book is one of hope and optimism that we can improve ourselves and our relationships with others.