



My M.U.D. Life: Making Mindful Unique Decisions Every Day (Paperback)

By Joan R Wanamaker

Lulu.com, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.WELCOME TO THE M.U.D. LIFE I bet you re probably thinking that M.U.D. is a weird name for a lifestyle book. In a lot of ways you are right. M.U.D. it s dirty, it gets everywhere, it s hard to clean up. But, you know what else it is? It s earthy, it s grounding, it s natural. M.U.D. helps you connect to something larger than yourself. The M.U.D. Life means living with Mindful Unique Decisions. What does that mean exactly? It means embracing life wide open. It s about living a natural, healthy lifestyle. It s about constantly learning, growing, and exploring all that is around you. It s about LIVING life, not just experiencing it.



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