

Daily Journal: Your guide to a happier, healthier Life



This journal is designed to guide and support readers as they discover the primary and secondary foods that are right for you. Readers use it with the intention of permanently changing their relationship to food and health. Primary food is a term coined by author Joshua Rosenthal that refers to anything in one's life that nourishes you, but does not come on a plate. The important primary food areas are: Relationships, Career, Physical Activity, and Spirituality. Secondary food is, therefore, the food we eat. This book is designed as a 3-month daily journal. Readers are guided to write their Morning Intentions, Evening Reflections, Weekly Check-ins & Guided Exercises, and Monthly Activities & Progress. Readers are encouraged to be yourself, as everyone is an individual with their own unique schedule and style. Readers can use the journal once a day, twice a week, whatever works for them.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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