



# Hippies in the City - Natural Urban Living

*Rita Balshaw*

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## **Hippies in the City - Natural Urban Living** Rita Balshaw

Would you like the inspiration and confidence to transform your life and embrace a more holistic approach to living? We live in a fast-paced world with an increasing desire to live more simply, eat healthier and naturally enhance our lives. This book teaches you to be a hippy in the city - where to go, how to look after yourself and what to cook and eat for a healthier, happier and wholesome life. Discover the importance of healthy eating and learn about nutrient dense foods. Prepare and cook delicious meals that will enhance your health and wellbeing. Many recipes to make your own aromatherapy skincare and beauty products. Tips to establish balance, abundance and creativity in your life and ways to improve how you think, feel and behave. "More than ever before, we need to reconnect our lives to a more holistic lifestyle. Hippies in the City is the perfect guide. It will change the way you think about food and wellbeing. Rita eloquently shares with us her intense passion for life and natural therapies. Written in an easy to follow and engaging format, it is full of so much practical and insightful information. This book comes from the heart." Salvatore Battaglia, author of The Complete Guide to Aromatherapy

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